

## ‘Out with the old, in with the bold’

By Alexandra Johnstone  
*Castleton Spartan*

While students were lounging in the sun or working to be able to return to in the fall, Castleton College was transforming. President Dave Wolk said at the Aug. 28 convocation ceremony.

Ranging from new initiatives in Rutland to the establishment of new scholarships for students to 1,117 work orders completed across campus – including applying more than 275 gallons of paint – Wolk stressed the college is moving forward.

“We’re transforming ourselves to benefit our students,” he told the packed Casella Theater.

Wolk also spoke about the school’s new website that he said will “tell the story that we’re on the move and on a roll.”

Before his state-of-the-college type speech, Wolk welcomed 30 new faculty and staff, the largest incoming group yet ranging from football coaches and communication professors to new Director of Public Safety Keith Molinari.

Helen Mango, president of the Faculty Assembly and natural sciences professor, discussed the school’s new chemistry major, the first in the Vermont State Colleges system. She also got laughs playing on the school’s “small school with the big heart” slogan introducing herself as the, “small professor with a big voice.”

Elizabeth Young, the new president of Student Government Association, spoke about various ways SGA was also transforming with the college, including a new leadership scholarship that in 10 years will be the biggest scholarship available through Castleton. A new mission statement is also in the works as is a committee looking into students’ concerns about cable TV being cut from dorm rooms, she said.

Special recognition was given to the award receivers of employee of the year, commuter student of the semester and the Alumni Association’s outstanding young alumni and outstanding alumni.

Gary and Mary Quinn received the outstanding alumni award and Gary talked about how they met at Castleton and have been dedicated to each other since. During his speech, he claimed Castleton was “on the move academically, athletically, internationally, and through the expansion of facilities.”

Castleton then showed its tech savvy side when a video was played showing Justin Garrett, receiver of the outstanding young alumni award and now a teacher in Baltimore, leading his class.

Wolk’s message then turned to how the school was moving forward and transforming. He said because the college footprint in Castleton is limited, the school is expanding into Rutland with an art gallery, newly relocated Polling Institute and soon-to-come entrepreneurship center.

Last year the campus experienced changes including renovations to Huden Dining Hall, Leavenworth Hall, lighted tennis and basketball courts, new wellness space and turbines on top of Hoff Hall.

He talked about the budget of the college, and how enrollment was a little down forcing some belt-tightening. He also spoke about how Castleton only receives 9 percent of its budget from the state of Vermont, the least in the country.

At the end of the address, Wolk drove home his message of the college’s continued transformation again referring to the school and its new website saying, “out with the old, in with the bold.”

## Castleton fuels Rutland’s renaissance



CHRISTOPHER WILLIAMS/CASTLETON SPARTAN

**Castleton students and the Rutland community come together in the Paramount.**

By Molly DeMellier  
*Castleton Spartan*

After years of meticulous planning, the Rutland renaissance is in full-bloom. This resurgence of Castleton College’s social, political and economic growth will now provide both rural and urban benefits due to local partnerships between the college and the leaders of Rutland, college officials said.

“I think it will make downtown come alive,” said Castleton’s President Dave Wolk.

With the construction of Hoff Hall and the Pavilion to complete the president’s 10-year plan in 2012, Castleton did not intend to plateau, but recognized the campus itself had been expanded to its capacity. The initiatives did not stop, but rather took a right on Exit 5 and made their way onto Route 4 and into downtown Rutland.

“The Rutland renaissance is here. And I think the college has an important role to play in it,” said Wolk

in a July feature of the Rutland Reader.

One of those roles is to become a strong political and public opinion presence in the area. With the help of Political Science Professor Rich Clark, Castleton opened its door to the Polling Institute on campus two years ago to begin surveying and collecting public opinion research data.

The Polling Institute has its hand in every area of politics, and extends its reach to areas outside of Vermont. With this expansive influence and growing contacts, the Polling Institute quickly outgrew its campus home.

“It made sense to put it right in the downtown,” Wolk said of the new headquarters location.

In February of 2014, the Polling Institute moved into the Opera House in downtown Rutland to establish Castleton’s political presence in the area.

“I think it will benefit the college in a big way. It increases the Castleton community and constituency,” said Clark. “Rutland really opens up that opportunity of a larger pool to pull from.”

Additionally, Clark said the convenience of the location to Rutland natives has expanded employment opportunities in the community and allows the college to benefit from the area’s year-round activity.

“We want to be good community partners,” he said.

Since February, the new location has resulted in an increased number of connections for the college and allowed for a greater ability to do outreach and exchange with clients.

“I think it will make it clearer to the people of Rutland that we’re there and we’re a thriving enterprise,” Clark said of the initiatives.

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## The trip of a lifetime

By Nick Lingardo  
*Castleton Alumnus*

Brazil is a country with a population suffering from poverty and just begging for social and political change. Of all the countries to be hosting the world’s largest soccer event, this was the one that was chosen.

For my first trip out of the United States, family and friends have never been more worried. They all asked the same question, “why Brazil? Why can’t you go somewhere close?”

I had only one answer. It’s the World Cup.

People read in the news about the protests, deaths and the underlying feeling that some violent breakout was going to happen. Luckily for me and my traveling companion, Gabe Bicker, none of the sort happened – well for the most part. I was reading in the news for months, checking the situation over there and when it kept getting closer and closer, my nerves were heightened.

I was just getting anxious. The night before we set off I couldn’t get much sleep. It wasn’t because I was nervous,



NICK LINGARDO

**Gabe Bicker, Vermont friend of Castleton graduate Nick Lingardo, heads to a World Cup match.**

but that I was going to the soccer capital of the world, where it is not a game it is a religion, to watch the World Cup.

With our backpacks filled to the brim, we boarded the plane. After the 12-hour flight, we still had some more travel-

ing to do, a six-and-a-half hour layover and off to Salvador, where we were staying.

When talking to the only person who spoke English in our first hostel, he told us that we were the first Americans to ever stay there. I thought that

was very cool and hoped that we gave a good impression. In Salvador, the streets themselves screamed excitement, passion and love for the game. Walking around, you saw tiny shops set up selling everything and anything Brazil and soccer

related. People juggled soccer balls everywhere and groups of children were blowing horns and playing drums.

You couldn’t help but get chills and that

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## Students: Give us our cable TV back

By Catherine Twing  
*Castleton Spartan*

As you walk through residence halls you routinely hear sounds of laughter, video games and music. But one sound you won’t hear is the murmur of cable TV.

This year, Castleton officials decided to do away with cable television service in exchange for faster Internet speed.

This change has evoked mixed emotions.

Junior Vincent Guerrero says that he wishes there was cable because it would be “more convenient to just watch regular television rather than turning on something else that uses more energy in order to watch Netflix.”

While cable is still available in the common area of each building, most students say that they would never go to a common area to watch their favorite shows.

Senior Benjamin Rice said that there’s little chance he would go to a common area to watch television, and if he did, he would go for no more than an hour.

“The most annoying thing is you can’t watch sports in your room,” Rice said. “Things like NFL Sundays; you can’t stream it as easily.”

One place that this change is especially noticeable is in the Fitness Center. The exercise machines still have the television screens, but there’s nothing to watch.

“The TVs are in the way, right in the middle,” said freshman Dakota Detwiler.

Some students like sophomore Marissa Langley see a possible benefit in this change.

Langley said that she’ll be “watching less TV in general, which can be a good thing.”

According to Jeff Weld, director of Marketing and Communications, the school eliminated the cable service because “with today’s savvy internet users, there are so many ways to access TV.”

Many other colleges have done this in recent years, including UVM, which switched two years ago.

Melissa Abbott, a UVM sophomore, said that they have not had cable in her time at the university and no one seems to mind.

“If people have TVs, they just connect

their computers to the TV,” said Abbott.

At Castleton, the main reason for the switch was to continue improving the overall Internet speed.

According to Weld, prior to this semester’s upgrade, which multiplied the school’s bandwidth by 10 times, students and staff would regularly hit the maximum level of Internet usage. With the changes, the school’s bandwidth is operating at roughly 25 percent at all times: well below the point of maxing out, Weld said.

“We absolutely had to upgrade,” said Weld. “With a better connection speed we have less opportunity to max out on bandwidth.”

But some students believe they deserve both high-speed Internet and cable in every dorm room.

“Our tuition went up. It’s just stupid. Fast Internet should be a given,” said sophomore Justin Goulet.

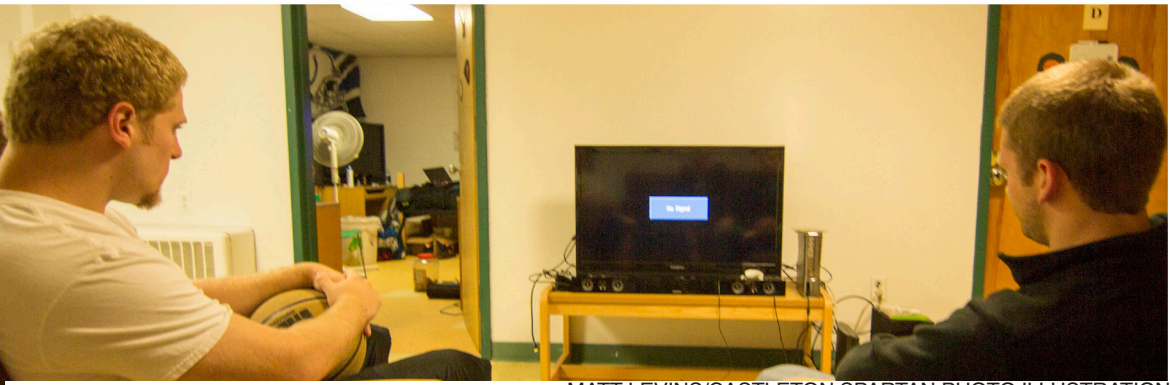
For students who agree with Goulet, there may be hope.

SGA delegate Emma Faucher is working with Dean of Students Dennis Proulx to hopefully find an alternative to cable that will allow students to access television programs in their rooms.

“It really comes down to the money,” Faucher said.

She plans to seek opinions from students and then go to administrators to find a television service is that is both affordable and appealing to students.

Time will tell if this change is permanent, but for the time being, Castleton students have some adjusting to do.



MATT LEVINS/CASTLETON SPARTAN PHOTO ILLUSTRATION

**Some students say they don’t care, but many say they miss cable TV, which was cut by the college this semester.**



Ebola respects no national borders. In this era of rapid transportation, it is naïve to

"How can I be ready to do this?" one may ask. You are already on your way, I would say. By attending Castleton you have opened the door to innumerable opportunities to learn about our world through its formal and informal curriculum, and through relationships you develop with the many members of this community who have a wealth of experience with and knowledge of the U.S. and other countries, their cultures

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Here at Castleton, you meet people you have so much in common with without even realizing it. You can meet people literally anywhere and once you do, the next thing you know, they are add-

And who knows, maybe you'll find that person, figure it out together, and make a new friend in the process. Trust me when I tell you that we will all figure it out along the way.

-Carly Trombley



David Blow  
**Advisor**

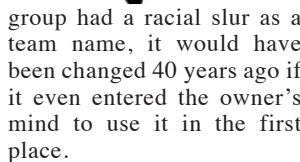
Jeff Blanchette

*\*The Spartan is the official student newspaper of Castleton. It functions to inform, educate and entertain readers accurately and responsibly. The College, its administration, faculty, student body and staff are not responsible for the content of the newspaper.*



Even the great Joe Gibbs, who led the team to team to three Super Bowls and is still an advisor to the team, said in a 2013 interview “I never ever thought of it as anything negative, but it’s all been a positive and I think that’s what I reflect on when I reflect on the song, the games and everybody being loyal Redskin people.”

If so many are in support of the name staying the same, why change it?



The pushback against the name from the Native American community is overwhelming. Twenty-three

If you are still unsure about the name, think of yourself walking up to a Native American, smiling at them, and saying, "What's up, redskin?" Makes you feel a little queasy, doesn't it? Good.

-R.J. Allen

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# Leaving the Castle can be something to treasure

By Jorah McKinley  
*Castleton Spartan*

When students come to her for advice, she tells them to go away. Go abroad, that is.

Ana Alexander is a Spanish professor at Castleton and a study abroad advisor.

Outside her office there’s a world map that stands about seven feet tall and 10 feet wide. Whenever she sees someone stop to take a look at the map, she jumps out of her desk chair and into the hallway and asks them “so, where do you want to go?”

It has always been her goal to encourage as many students as possible to go abroad, and now the rest of the college is joining her in that endeavor.

Last year, Castleton joined the Institute of International Education’s study abroad

Commitment, promising to double the number of students the school sends abroad.

“We feel this is a very good way for our students to grow and acquire knowledge that they would not normally have,” Alexander said.

The new study abroad website is easily accessible from Castleton’s new website. A map of the world is shown on the screen. Hover over any country to see the programs available there to Castleton students. In Europe alone, there are more than 350 programs.

Alexander, with the help of students, has been presenting information to first-year seminar classes. Today, Sept. 17, is the study abroad fair where student’s can speak with teachers, students, and program leaders about what it’s really like to go abroad.

For Associate Academic Dean Yasmine Ziesler, her desire for getting students to study abroad goes back to her own high school experience.

“I just know how much those experiences have impacted my life and connected me to the world,” Ziesler said.

Her role in the study abroad initiative is to support other professors who want to incorporate study abroad experiences into their curriculums.

Think it’s too late in the game for you to study abroad, or that



CONTRIBUTED BY NICK BRADLEY

**Student Nick Bradley scuba dives in Costa Rica as part of his tropical marine biology studies.**

it just won’t work with your major? You’d be wrong.

Study abroad programs can be tailored to fit any major, and even if you’re about to graduate, there are plenty of interning, teaching and volunteering opportunities for recent college graduates.

Castleton student Nick Bradley is a health science major, but he just returned from a semester in San Jose, Costa Rica where he was in an intensive language program, and also studied some tropical marine biology.

But one semester wasn’t enough. Bradley leaves again for Se-

ville, Spain for the spring semester where he hopes to take more business classes.

So what’s a health science major doing studying Spanish and business in foreign countries? Bradley hopes to use his health science major and foreign language skills to help bring medical care to lesser-developed countries.

Bradley has also been sharing his experiences with anyone who will listen, hoping to give them an idea of just how life changing a study abroad experience really is.

“I can’t really stress enough how much you’re going to grow. It’s good to get another perspective. Not everybody thinks the way we do in Vermont, or in the U.S.,” Bradley said.

For education major Rebecca Marckoon, the decision wasn’t that easy. Leaving her family, friends and boyfriend was something she dreaded, and she put off studying abroad until the summer before her last semester of college. But now she views her time in Barcelona as one of the best experiences of her life.

“It’s so worth it,” Marckoon said, stressing the fact that you learn so much more just being there than you even would in classes.

“They should be scared,” she said when asked what she would tell younger students who were apprehensive to go abroad. “Learning happens when you’re outside your comfort zone.”

Both Bradley and Marckoon described the value of study abroad in the exact same words.

“It’s necessary.”

“It’s necessary to be a cultured person early in life, while you’re still forming your views on the world,” Bradley said.

Alexander has always been shocked at how much her students have matured when they return.

“I realized very early in my career that in a place like Castleton, I cannot teach students in four years what they would learn in one semester abroad,” Alexander said.

Ziesler agrees. There are just some lessons you can’t learn if you don’t travel outside your comfort zone.

“The world is a global place and having that experience firsthand helps you to relate to a greater amount of people and it gives you so much confidence,” Ziesler said.

# Freshmen studying multiplies

## studying multiplies

By Rebecca Roe  
*Castleton Spartan*

In high school, everything was on a schedule from 8 a.m to 2 p.m. After that, it was either homework time or an after-school sport that required good grades.

But once college starts, time just seems to appear out of nowhere. Classes are scattered all over the day and nothing is set in stone.

The FYS Committee and Associate Academic Deans Yasmine Zeisler and Jonathan Spiro have come up with a way for freshmen to manage their homework time better. The initiative is called, “5 and 5 by 5.”

“The goal of the 5 and 5 by 5 initiative is to get new students to begin studying five hours a day, five days a week by the fifth week of school,” said SOS Staff Coordinator Meghan Hakey.

Hakey also said freshmen seem to be taking the idea well, even though it can be very overwhelming at first.

“I feel as though it is a great idea. The part that will be tough to get students to fully wrap their heads around is that studying doesn’t necessary have to be in the library or a quiet room for five straight hours. It could be anywhere doing anything to further the student’s study habits,” Hakey said.

Freshman Rachel Howlett said it’s a “crazy amount” of time to put into homework, but that it was a good theory. She said she spends about three hours a day studying.

Junior Melissa Bledsoe thinks that this program can be extremely beneficial for freshmen, but she also thinks its success may depend on a student’s major.

“Some majors may find it difficult. It should be easy for majors that include a lot of memorization, such as nursing, math, history, etc.,” Bledsoe said. “I hardly spend two hours a night doing homework to be honest. Some days I won’t even have to do anything at all.”

Though this is an initiative aimed at freshmen, proponents hope upperclassmen are already doing it, if not studying for more than five hours.

“If you’re an upperclass student, you should already be a pretty good studier. But if you got a first-year student coming in and showing you that they know more, personally I would take that as bit of a challenge and say ‘Oh my goodness, they’re doing such a great job, I need to step up my game a little bit,’” Ziesler said.

To some freshmen and upperclassmen, this may all seem overwhelming and completely impossible.

“I would convince students that it is a theory based on time management and really focusing on your given needs as a student,” Hakey said. “It’s all about learning what your learning style is and making college the educational experience it needs to be.”



THIS PERSON / SPARTAN CONTRIBUTOR

**Old Man Gloom gets torched in Santa Fe ritual.**

By Abi Foster  
*Castleton Spartan*

Santa Fe, N.M. is a city surrounded by strong culture and spiritual beliefs.

Every year, the people of New Mexico, as well as tourists from around the globe, gather together at Fort Marcy

in Santa Fe to celebrate the burning of Old Man Gloom, or “Zozobra.” It’s a 90-year-old fiesta that allows people of this city to cleanse themselves of anything wrong or any unhappy events that took place in the past year.

“This festival is meant for our community to get together and support

each other by getting rid of all the bad juju, events, or problems from the past year,” Calvin Leva, 23, from Santa Fe explained. “You can burn whatever you want; bad report cards, divorce papers, parking tickets. Anything that has been haunting you from the past year; this is the place to let it all go and have a fresh start.”

Weeks before the festival, there are places around the city where people are able to drop off what they would like to burn. The items are then placed in a box inside the white, 50-foot monster to be destroyed and forgotten. Leva stated that he has never put anything in the box, but has been attending this festival since he was 5 years old, just like most children in the community.

Another local to the area, Ricky Galvan, 23 from Tierra Amerilla, described the festival as burning away his evils and allowing people a rebirth for the upcoming year. He has attended the festival for five years and plans on going in the future.

“It’s become part of our culture and I believe everyone should experience the burning of Zozobra,” Galvan said.

Zozobra towers over revelers with an evil expression across his face. Old Man Gloom will start a terrifying moan and people dressed in white sheets representing all the “gloom” from the people’s past fill the stage. All throughout the crowd you can hear people screaming “BURN HIM! BURN HIM!” and soon there is a fire-spirit dancer dressed in red who appears on the stage and drives them away while Zozobra’s moaning continues to get louder and

louder, just like the crowd.

The moaning and spirit dancers’ add an element of fear and mystery to the crowd. Little kids were burying their heads in their parent’s arms saying they were scared. Devyn Potter, a Castleton student attending the Santa Fe trip, described the burning as overwhelming and more hostile than she had expected.

“The moaning really fueled the crowd and produced an aggression that was very intense,” said Potter.

But once Old Man Gloom was set on fire though, there was nothing but celebration.

The energy in the crowd is contagious and it is hard to find oneself not joining in with the traditional sayings of Zozobra. One person would scream “Que Viva!” meaning long live, and everyone in the crowd would respond right back with as much energy screaming “Que Viva!” just enhancing the anticipation of the burning.

Finally the fire dancer approaches the monster with a flaming torch and sets the beast on fire. It was clear at that moment that this was not just a normal festival; these people came there for a cleansing.

Soon Zozobra is engulfed in flames and the whole crowd sings and dances while the blazing beast drops to the stage.

A celebration of new beginnings starts immediately and the most amazing fireworks begin. The crowd is overwhelmed with good thoughts and smiles while the festival comes to an end and new beginnings start.

# Views and experiences are breathtaking

By Abi Foster  
*Castleton Spartan*

Week one is finally under our belts and what a difference the state of New Mexico is compared to Vermont! We are stationed in Santa Fe and everything from the landscape to the architecture is unlike anything back home.

All of the buildings are made out of adobe bricks or made to look like the adobe material. Luckily enough we were able to make our own adobe bricks that would be used for a bell tower in a church. Real adobe bricks are made from sand, clay, water and straw. When these materials are all mixed together, they form a substance that when dried in the 10-by-14-inch template, creates a sturdy brick that can withstand all weather conditions.

I thought it was so cool that our group was helping out construct a building!

Later that night, we got to experience Zozobra, a festival to release all your built up tension and problems that are left from the past year. This was my first experience at a festival like this. You could feel the crowd’s energy right when you walked in. Music was playing and tens of thousands of people were surrounding the stage in front of this giant puppet looking creature. When finally it was time to burn Zozobra, it was time for the people of New Mexico to start over. Everywhere I looked in the crowd, people were raising their hands toward the now orange, fiery beast and letting go of any negativity.

To me it was exactly what a community should be like, supporting each other and celebrating new beginnings. Zozobra was truly an experience of a lifetime and I was able to learn more about the cul-

ture of New Mexico than I thought I would have.

It was then time to head to Ghost Ranch in Abiquiu, N.M., one of the most beautiful places I have ever encountered in my life. Beautiful mountains filled the clear, blue sky everywhere I looked. There were large mesas in every direction, whose colors ranged from deep reds to tannish oranges. It’s nothing like Vermont, not nearly as much green.

We had the opportunity to hike up Kitchen Mesa, a 3.5-mile hike to the top with an elevation of 7,100 feet. When we finally made it, the view was breathtaking. You could see for miles and everything looked so small.

It will be a view I can never forget.

We only have a couple more days here at Ghost Ranch until we head back to Santa Fe and continue on this adventure. But I am sure that this is only the first incredible place we will visit on this trip.

# Just how good is your professor?

By Callie Ginter  
*Castleton Spartan*

It seems as if teachers always have the upper hand in class, never considering that their job or even reputation could be compromised. They assign homework, teach lessons and give tests and quizzes. It never seems like the students have any power – until now.

Visit the new “Professor Ratings” feature on the newly designed castletonspartan.com website. Scroll to the bottom of the page, and click on the “Professor Ratings” link and rate your professor.

The page allows students to anonymously critique or compliment a professor by rating them on a scale from 1-5 on clarity, helpfulness, and easiness. There is also an additional comment box where students can vent or communicate with fellow students or professors about their personal feelings about the class or teacher.

Professor Tom Rutkowski in the business department is one of the professors with the

highest ratings, although sample sizes are small to date. He is going onto his 18th year of teaching at the college and said he still enjoys it.

“I frankly love what I’m doing,” he said.

With a full five stars, Rutkowski according to one student is, “by far the great instructor at the school by a mile.” Another wrote “great prof...my favorite at Castleton.”

“It’s important for students to have feedback,” said Rutkowski. “We all live in a world where everybody is going to critique everyone else ... we critique you guys, and it’s not anonymous. It’d be nice if all that stuff is done in a professional, constructive matter, but I understand that people are just allowed to speak their minds and it’s kind of cool.”

Junior Katelyn Curtis visited the page and said it’s nice to have a place for students to learn more about their professors.

“It is a good source to be able to get an idea of how any of your future professors might teach. I think it would also be

helpful for the professors themselves if they looked at this so they could reflect on what their students have thought of their teaching style. All of the ratings are pretty consistent with the professors I have had so far and I think more people should participate,” she said.

Professor Peter Beyer in the English department also had high rating with 4 1/2 stars. He too agreed that the website can be helpful. But when asked if he would recommend this site to students to use as a tool to help choose a professor, Beyer was not so sure.

“I have looked at this type of thing before and there are people I respect and admire as teachers but I see that from time to time students rank them low or have nasty things to say about them, but I see that the teacher has something very good to offer and I don’t know exactly why there is a negative reaction,” he said. “It could be that the person is making the demands too much ... I’d be uncomfortable suggesting that a kid go to this site. The kids will do it on their own.”

Some professors who were

**Castleton Spartan**

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**castletonspartan Professor Ratings Search Results**

**Browse by Last Name:**  
A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

Brad Coupe

★★★★☆ Biology

6 Ratings

View Ratings

Kimmel

★★★★☆ Science

5 Ratings

View Ratings

Terry Bergen

★★★★☆ Psychology

5 Ratings

View Ratings

**Current professor ratings can be found on Castleton Spartans webpage.**

asked to be interviewed about having low ratings declined. Others claimed they could not find the page and therefore were unable to participate.

Professor Luther Brown in the in the Social Work department has not visited the page, and although Brown has low ratings of 1 1/2 stars, but from only one posting, he said it does not necessarily reflect his teaching abilities fairly.

“Again, like all sites of this type, it’s a kind of a tool, and if used appropriately I could be useful,” he said.

Junior Alden Bisson seems to agree with Brown. Bisson suggests the page is flawed.

“It seems pretty vague, and it seems to really only pertain to teachers who are excessively easy or obnoxiously difficult,” he said.



# Dancing to an unheard beat

By Courtney Picone

*Castleton Spartan*

Colored lights glowed in the Castleton College Pavilion, flashing and moving to the beat of unheard music. Everyone wore headphones, their bodies twisting and curving to flow along with music only they could hear.

They were participating in Headphone Disco, the first CAB event of the fall semester, where participants danced to the sounds of streaming music through headphones leaving only the sounds of dancing feet for passersby.

“It seems weird at first, listening to the music with the headphones on and dancing around everyone,” said Katie Haseltine.

But it appeared that many of the students present had managed to get past the ‘weirdness’ of it all as many danced in groups with wide smiles upon their faces. A few students even gathered around in a circle to cheer on a fellow dancer as he took the spotlight with his moves. His arms and legs created sharp angles as he swung his limbs to and fro. It was an electric atmosphere filled with lots of laughter and cheering – not to mention singing.

The singing was something that struck Olivia Bartlett, a member of CAB.

“It’s funny, because you’ll hear half the group singing

when it goes quiet on your own channel.”

Djs would also talk to students over the headphones, causing half the students to reply while the other half had no idea of what was being said because they were listening to the other DJ.

It was a controlled chaos of an event, and a perfect way to kick off the new semester at Castleton.

“It was a huge success,” said David Ievoli, vice president of CAB, who helped organize it. “We had about 200 people in and out all night, and the best part was getting texts the next day from people telling me that they totally missed out. It was a lot of fun! People were really skeptical at first but in the end everyone had a great time.

Ievoli said CAB hopes to host another one in the spring. CAB also plan to host a rave on Sept. 27.

“We have a lot of really great stuff planned. Homecoming weekend we’re going to have a game show event, Family Feud. We’re also going to bring in a hypnotist again since it was such a hit last year. We also want more dances, and to try and do open mic nights on Tuesdays. Another thing we’re really hoping to do is a paint party at some point. Night events are something that we really want to do so we can get people interacting with one another on campus,” he said.



COURTESY PHOTO

**Marissa Langley dances to her own beat at the Headphone Disco event in the Pavilion.**

# New faces of Castleton’s Activities Board

By Matt Woodward

*Castleton Spartan*

Anyone who has stepped into the Student Government Association office this year has noticed a change, and not just the couches.

The three former faces to occupy the desks Melissa Paradee, Alex Davis and Eric Dowd have all moved on. In their place are Matt Patry, Meghan Hakey and Dave Ievoli in the roles of director of student activities, graduate assistant program advisor and student activities director, respectively.

A graduate earlier this year, Hakey brought home multiple academic awards, including the Distinguished Service Award, Abel E. Leavenworth Leadership Award, and Actor of the Year awards.

“It’s kind of strange actually,” Hakey said. “To go from graduating in May, and then becoming a staff member here. There are a lot of things that are very different. I don’t hang out with my undergraduate friends as much because I’m in my office all the time.”

But while it is taking getting used to, Hakey said she’s enjoying her new role and that some aspects aren’t too new.

“It has actually been a lot of fun, because I’ve worked with

Student Activities and Student Orientation stuff a lot over here with Student Life, so it’s kind of cool to get into a position where I’m working with them almost full-time,” she said.

Ievoli has some big plans for Castleton this year, including bringing a spring concert back to campus.

“That is my big goal as CAB director, is to bring a concert here. Every school around us has concert, but we don’t,” he said.

Patry said he’s exited about his new role and the effort of Ievoli.

“I’m really proud of David. He is taking the time to think long-term. He is not just thinking about what he can get done this semester. He is thinking about what spring weekend is going to be, and he is already thinking about that in September,” he said.

But Ievoli stressed it’s important for students to spread the word about events – and show up.

“Encourage people to come to events. We have a lot of great things going on,” he said.

If the successful Headphone Disco event on Aug. 29 was a telling sign of the year to come, Castleton is in for quite a year.

You can follow Castleton CAB on Facebook or Twitter, where you could win prizes. @Castleton\_CAB

# Communication department welcomes newcomers



CHRISTINE BARLOW / CASTLETON SPARTAN

**New professor Michael Talbott lectures in Her-rick Auditorium.**

By Molly DeMellier

*Castleton Spartan*

With the beginning of the new academic year comes a new wave of professors into Castleton’s communication department. The adjacent offices, which had only ever been home to professors Tom Conroy and Roy Vestrich, are slowly beginning to reflect the personalities of new full-time faculty Stephanie Wilson and Michael Talbott.

“It’s a totally different style of teaching,” said Talbott of Castleton’s small class sizes. “I’m thrilled.”

Wilson, a Castleton alumna and who has been an adjunct professor at the college for 11 years, mirrored Talbott’s delight in the position.

“I think this is what I really love to do and what I was meant to do,” she said.

A California native, Talbot said he always had a passion for the world surrounding the silver screen. As a teenager, he was an aspiring film critic and was published by his local San Diego paper for his reviews.

“The way we learn about the world today is through moving images,” he said of the craft.

As an undergraduate student at San Francisco State University, Talbott said he had the opportunity to create many of his own films, but found his true niche in the field of cinema studies. After receiving his bachelor’s degree, he made his leap of faith to



REBECCA ROE / CASTLETON SPARTAN

**New professor Stephanie Wilson engages her Intro to Communication class.**

the east coast to continue his education at New York University, where he received both his masters of science and Ph.D. in Cinema Studies.

“I didn’t initially know I wanted to teach,” he said of his career path.

In fact, before landing back in the classroom, Talbott said he ran a program to clean and restore old valuable videos. However, he was not enamored with the parameters of a nine-to-five job and found that he missed the college atmosphere. This realization brought him to search for a change of scenery, but this time in a more rural setting.

“I’ve had my fill of big cities,” he said. “I missed that solitude and quiet.”

After a stint as a visiting professor at UVM, Talbott landed the position at Castleton, where he is currently teaching four classes and oversees the film studies minor.

Talbott said he hopes to enlighten and excite students about the importance of film in our lives. Beyond entertainment, he said that the ability to analyze film holds great social and political value that he hopes to reveal in his lessons.

“I’m very politically and socially engaged and I think that’s very critical to a communication degree,” he said.

Senior communication major Andrew Cremins said he is eager to see the impact Talbott will have on Castleton.

“I think he’ll be really good for the department,” Cremins said. “He’s a fresh look.”

As a student a student in Talbott’s Social Activism and Politi-

cal Action class, Cremins said he believes Talbott will be key in taking the communication department to the next level.

Likewise, sophomore sports administration major Alex Madsen said that in just the first few weeks she has benefited from Talbott’s Media Writing class.

“He knows what he’s talking about and he’s really informative,” Madsen said. “He gives really good feedback and constructive criticism.”

From the positive relationships between faculty and administration to the immense support of athletics and campus activities, Talbott said he is excited to be a part of the Castleton culture and local community.

Mimicking her colleague’s admiration for Castleton’s campus life, Wilson said she more than welcomes the new role at her alma mater.

“Coming here has given me nothing but opportunity,” she said. “I always tell my students that I bleed Spartan green.”

Originally from nearby Brandon, Wilson attended Castleton as a commuter after high school with the intention of transferring after a year or two of college experience.

Those plans changed rather quickly.

“It just all clicked,” she said. “It’s hard not to get sucked in-it’s a great place and it only gets better.”

Soon after her graduation, Wilson moved to Rutland, married and had her first child. Together, Wilson and her husband, Andrew, began a small video production company that has now expanded to include clients from across the nation. With their professional experience, both Wilsons were qualified to apply for adjunct positions at Castleton and were hired to fill separate roles.

As an alumna and with her experience in the field, Wilson said she feels able to connect with her students on a unique level. She also said that the adjunct position opened her eyes to a passion for teaching she never knew she had.

“It came a little slowly, but the light bulb came on,” Wilson said.

The recognition of this newfound passion gave Wilson the incentive to go back to school and further her degree. Shortly after she began her online graduate communication program with a focus in public relations and leadership communications at Marist College, she discovered her degree would be the first of many additions in her life.

After learning of her pregnancy Wilson was also offered the full-time teaching position to take the place of her former professor, Tom Conroy.

“Looking back now, I don’t know how I survived it, but I’m glad I did,” she said.

Wilson took all of the changes in stride and is looking forward to expanding her role this fall and taking on the full position in the spring semester. She said that she is most eager for the opportunity to serve as an advisor to her students and to serve on committees within the college.

“I’m learning from the students everyday,” she said. “I just have the best job ever.”

# What do you know about Syria, Ukraine?

By George Forbes

*Castleton Spartan*

How important is it to keep up to date with international events? A general consensus among Castleton students when asked is “very important.”

So how many people actually do keep up with world events? Right now, there are two heavily discussed events going on in the world. In the Middle East, Syria is locked in a bloody civil war, but many of those who said it was important to keep up with world events found admitted they didn’t keep as close tabs on the news. Many seemed daunted by my questions about world events.

“I may not be the right person to ask” one student said.

Another issue dominating world news involves tensions between Ukraine and Russia, which escalated to the point where conflict between Ukrainian military forces and Russian nationalists has broken out in the Eastern part of country. Russia has even annexed the region of Ukraine known as Crimea. Their reason? Protecting those of Russian ethnicity who live there.

Most people I talked to knew that there was some sort of conflict going on in Syria. But over what? I pressed for what specifics people might have gathered about the situation. Some addressed the actions of Syrian President Bashar Assad, with one student detailing his numerous human rights violations and limitations on social media to illustrate their opinion.

“He is turning into more of a dictator,” one student said.

However, most people only knew his name and rank, and some believed he had already been ousted from power.

When my questions turned from Syria to Ukraine, most of those interviewed knew that there was conflict between Ukraine and Russia, but a few had no idea what Crimea was.

All in all, it’s safe to say people may not be keeping up with world news despite saying it’s important. So let me help.

Syria has been in rough shape for a while. In the early 2000s Syria was put onto the list of countries the Bush administration deemed to be an “axis of evil.” Relationships with ter-

rorist organizations, covert nuclear programs, chemical weapons, conflicts with Lebanon, Israel, and even its own Kurdish population have plagued Assad’s tenure.

Relations with the U.S. are tense, but little is being done to try and solve the crisis. President Obama has made it clear that the use of chemical weapons on the Syrian people by Assad’s forces would be a “Red Line” and if crossed, the U.S. would take action. Problems arise from that however. The Obama administration does believe that chemical weapons have been used on a small scale, but no military action has taken place. Students interviewed said they support staying out of Syria, even though what’s happening there is wrong..

“Military action wouldn’t be a good decision since we are not directly affected by the civil war that is taking place,” said one student. “Syria would be another Iraq or Afghanistan.”

However, based on a recent UN estimate, around 191,000 people have been killed in the war. An Al Jazeera reporter, Nir Rosen, says that many of these reported deaths are actually

armed insurgents that are falsely portrayed as civilians, though civilian deaths do in fact occur every day. And now, with the emergence of the Islamic State (also known as ISIS), their involvement in the Syrian civil war, and their recent beheadings of two American journalists, U.S. action is coming. Obama recently addressed the nation stating that the United States would begin bombing ISIS in Syria as well as training Syrian Rebels, but no U.S. soldiers would be sent in to fight. ISIS is currently fighting for the side of the Syrian rebels.

Tensions between Ukraine and Russia had been on the rise earlier this year, but after the conclusion of the 2014 Winter Olympic Games, violence took over. Unrest in the region of Ukraine known as Crimea between Ukrainian forces and pro-Russian rebels escalated to the eventual removal of Ukrainian troops. Russia annexed it Crimea, absorbing it into itself. Now, violence has spread all over the Eastern part of the nation, pro-Russian rebels clashing with Ukrainian forces for control of the cities. However, many suspect that the rebels aren’t working alone, claim-

ing Russia has been supporting them. This comes from the sightings of Russian tanks in Ukrainian borders, the capture of Russian paratroopers and a missile strike against a Malaysian Airlines flight.

That missile is believed to have been supplied to the rebels by Russia. A ceasefire has been reached, but how long that will hold is unknown. But what should be done? Sanctions against Russia by the EU and other NATO nations have been created, but seem to be doing very little. Actions against Russia “would have to be a joint effort from European powers like Germany, Great Britain and France to stop buying natural gas and any other form of energy that is coming out Russia” one student said. “There is only so much the United States can do from an ocean away.”

It may seem like things going on halfway across the globe aren’t affecting us here, but it is. We are closer to the other side of the world than ever, and its important to keep up to date with what is going on out there.



# Lose those sweats

By Rebecca Roe  
Castleton Spartan

It's 7:45 a.m. and your clock is screaming at you to wake up. Groggily you roll over to smack the clock quiet. You rise from your bed like a dead zombie. You look in the mirror; run your fingers through your hair once, slip on shoes then leave for class.

Just yourself and the clothes you slept in.

Welcome to college! Where you can wear the clothes you wore the night before to your 8 a.m. and not care about your appearance at all.

However, there are some people that deeply disagree with the way college students present themselves.

Michelle Wong, a student at Syracuse University wrote an article in 2011 called, 'I Don't Understand Why... People Wear Sweatpants to Class'

She writes, "...one of the biggest things I don't understand is why college students (especially juniors and seniors) wear sweatpants to class!"

Sweatpants are a great route if you're sick. But once you're done and working in the real world, you wouldn't show up in sweats, would you?

"Also, wearing sweatpants to class gives others the impression that you just don't care enough to put a bit of effort into your appearance," Wong writes.

According to an article by Jackie Tempera of USA Today, wearing a certain type of clothing can affect the wearer's psychological behavior. This is called enclothed cognition.

"Some schools, such as Bethune-Cookman University in Daytona Beach, Fla., are tapping into this psychological power and enforcing dress codes," Tempera writes.

Though, many Castleton students will disagree with this, there are those who agree that students should be presenting themselves in a professional manner.

Junior and business major, Sandra Jones used to not care about what she wore to class, but recently her opinions have changed and so has her wardrobe.

"I've noticed that when I wear nice clothes, I tend to get more compliments," Jones Said. "I dress up for myself, but I'm also required to for my major."

Not every student should be considered lazy for what they wear; however. Some students need to be in jeans and a t-shirt for their specific major.

Can you imagine an art major going to class in a button-up shirt and dress pants?

College students have a lot going through their head daily and are almost always pulled in every direction possible. Sweats can be okay every once in awhile, but two-three days in a row might send a negative message to the professors.

# Beautiful views from atop White Rocks

By Stanti Schonbachler  
Castleton Spartan

White Rocks National Recreation Area lies just east of the middle of the town of Wallingford. It is a marvelous mountain that shines a brilliant white during all months due to its composition of Cheshire Quartzite.

There are multiple hiking trails around this 1,280 foot mountain, the most popular being the Keeywadin Trail, a .8-mile hike straight up to the summit, and the Ice Bed trail, another .8-mile hike down to the bottom of the Ice Beds. The Ice Beds are what White Rocks is known for and are the most prominent geological formation on the mountain. They can even be seen from Route 4 more than 10 miles away.

The Keeywadin Trail is marked with both the blue flash of the Long Trail and the white flash of the famous Appalachian Trail. After a short hike to the top of the Keeywadin Trail you will see the many small stone cairns that passing hikers have constructed to mark their time spent in this tranquil spot of Vermont.

At the summit, there is a spot for weary travelers to set up camp and



MOLLY DEMELLIER / CASTLETON SPARTAN

**Hikers enjoying the view at the top of the White Rock Recreation area.**

rest before tackling the oncoming trail. Each year thousands of hikers make the 2,180-mile pilgrimage from Georgia to Maine and there is a very good chance you'll meet some friendly faces with fascinating stories of the trail.

The Ice Bed trail leads down the mountain to the famous Ice Beds. Thousands of colossal stone boulders made up this brilliant sight. Formed by glaciation over 12,000 years ago, the entire northwest side of the mountain is exposed to all in its lustrous

# WDY makes music for dreamers

## Castleton Senior hopes to hit it big with unique electro music



JIMMY BRITT / CASTLETON SPARTAN

**Matt Woodward makes electro music on his computer and brings those good vibes to WIUV listeners.**

By Kaylee Pratt  
Castleton Spartan

Maybe it was his love for music or his childhood idol Kanye West, or maybe it was the true desire to be different than anyone else. But listening to senior Matt Woodward's funky electro music or reading a review about it in Burlington's *Seven Days* hints that he might be onto something.

The magic starts when he sits down at his computer, headphones on and MIDI sampler keyboard in front of him. Then the good vibes just start rolling out.

In some of the songs he produces, you can hear ambient nature-like sounds. In others there are unique cha-

otic sounds that seem are so out there, but tied together with a sort of organized rhythm.

Woodward, who also goes by the name WDY, is not only a full-time student majoring in communication, but he also DJs for WIUV, produces and writes his own music, writes for the Spartan and is a on the men's cross-country team.

It was in 2010 that the urge to produce music like no one else grabbed him. Armed with only his computer and keyboard, he began splicing sounds together – and people started listening.

"My intended audience is dreamers; people who really think outside the box," Woodward said.

Senior George Forbes, who was

also Woodward's roommate last year, witnessed all the late nights and time he put into his music.

"His dedication is pretty impressive," Forbes said.

All the hard work started to pay off through thousands of hits on music sharing sites and reviews in various publications, like *Seven Days*.

"No one, not just in Vermont or in the Burlington music scene, is creating music that sounds even close to mine," he said.

His friends completely agree.

"There's a lot of variety in it and it makes him really stand out as an artist," sophomore Margie Kuchinski said.

And she isn't the only one who enjoys Woodward's uniqueness.

glory. The boulders trap cold air and the Ice Beds are always nice and cool, even on the hottest summer days. The Ice Beds can be climbed, but only about three-quarters of the way and the climb is quite treacherous and should only be attempted by seasoned hikers or climbers.

"I really love the contrast between the crispness of the Ice Beds and the softness of the surrounding Green Mountains," said recent Castleton grad Katie Holden.

Word of warming: Never climb alone and always tell someone where you've gone because disaster can and has befallen even the most hardened outdoorsmen.

Directions from Castleton:

Take Route 4 east to Rutland

Merge onto Route 7 and drive south approximately 7 miles to Wallingford

At the stoplight make a left turn (east) onto Route 140 and drive around two miles

Access to White Rocks will be on your right and it is clearly marked.

"I think it's different, but refreshing. You can sit back, relax and listen to it," Forbes said.

His biggest challenge as a small town artist, however, is getting more people to listen.

"In a way, it's nice to be able to create something that sounds new and fresh, but it's hard to get people to actually hear it," said Woodward. "You can have a Sound Cloud and a YouTube, but if you aren't in a big music market its tough to ever be found and that's what I think is happening with me right now."

Still, that doesn't stop him from doing what he loves, although the pursuit does get in the way of other things at times.

"It's tough to focus in class a lot because it seems like I'm chasing a career I don't find as interesting as music is to me, especially music that I create," he said.

Unlike many artists, Woodward never took lessons in producing music, he just learned by doing. His album titles, song titles, and the sounds he produces fit whatever mood he is in at the moment or even a particular life experience.

Woodward said he shares these moods and life experiences through his music because he hopes people can find some sort of connection to them. Once his music really starts to get noticed, he hopes to go a lot further with it.

"I'm hoping to keep creating albums. I'm trying to continue to create and hopefully keep get more and more plays and hopefully that will reach record labels that I could sign to," Woodward said confidently.

A secret confession people may not know is Woodward doesn't really know how to play guitar, even though he has an electric guitar model in his dorm room. He's really eager to learn, though, and eventually wants to add guitar on his albums.

So where will he be in five years?

"My ultimate goal is to tour the world. Playing my music every night would be a dream come true," Woodward said.

# Rutland's End of Summer Blast



JIMMY BRITT / CASTLETON SPARTAN

**Steve Lattuca, member of the band Get a Grip, rocks out on his guitar.**

By Jimmy Britt  
Castleton Spartan

The sounds of guitars tuning, mic checks, drum breakdowns and a small murmur of a crowd filled the air Sept. 5 at Merchants Hall in Rutland for the End of Summer Blast.

Within minutes, however, the place was filled with driving bass, screeching guitars and bodies writhing to the beats of local bands GET A GRIP, Charbelcher, SORRY MOM, Morning Comes Early, and As We Were.

The new punk band Charbelcher took the floor first and in the beginning, not many people came inside to listen. But as the set went on, more and more fans showed up. But before the set even started, a message was sent out through the microphone.

"Many people say the Rutland music scene is dead or isn't big anymore," said David Newton singer of Charbelcher and bass player for Get A Grip. "The Rutland music isn't dead. We're all here supporting each other and playing music. That proves that it's still alive."

Once Charbelcher's set was over, the crowd cleared and several people were overheard praising their effort and talking about how stoked they were for SORRY MOM to play next.

As soon SORRY MOM took stage, the crowd became more energetic and started to mosh it up. This hard-core band from Central Vermont

helped set the mood and energy for the bands to follow.

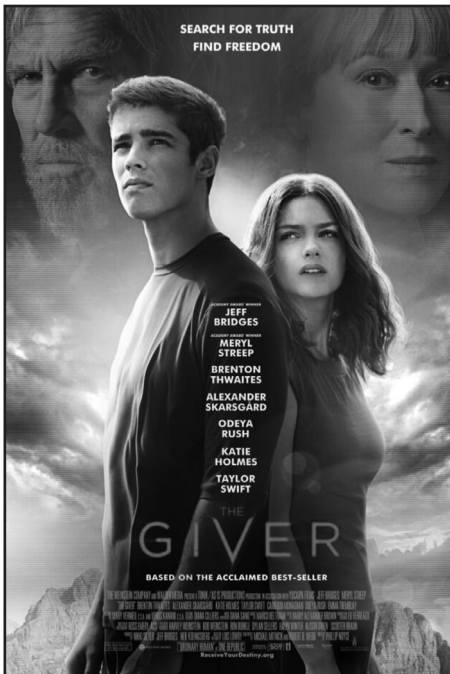
The warm up by As We Were drew the crowd in and pumped up the vibes. The hardcore group from Burlington played a medley off their discography, which pleased the moshing crowd. But what really made the set was an important message about how woman should never apologize for not wanting to have sex, delivered by guitar player Ryan Krushenick.

One would think that after an amazing set and speech of such strength, that the night couldn't get better. But it did, when Bomoseen pop punk band Morning Comes Early played. The crowd moshed and sang along to every song, especially during "Athena" when the audience essentially piled on top of the band for a chance to sing into the mic.

The night ended with Rutland hardcore band GET A GRIP. During their entire set the crowd moshed like no tomorrow and the mic was passed to multiple audience members to sing a long. During the song "Words of Hate," the crowd went insane with emotion and mosh moves. When the final song of the night was finished, it brought a small silence to Merchants Hall.

Merchants Hall hosts many local bands throughout the year. To learn more about the venue go to Merchanthall.com and to learn more about the bands that played, look them up on Facebook or the website Bandcamp.

# Movie Review: The Giver



By Jeff Blanchette  
Castleton Spartan

Hello movie lovers! This week we're going to be talking about "The Giver," directed by Philip Noyce.

I was very excited to hear that Noyce was directing this movie, as he has proven himself a very intelligent and daring director with films such as "Patriot Games," "Clear and Present Danger," and "Salt." Based on that body of work, I was expecting a thought-provoking science fiction thriller based on the source material by Lois Lowry. I was (for the most part) disappointed.

Now, I must preface this by saying that I have not had the privilege to read the book. Before

those who have read the book jump down my throat, I will point this out: books and movies are two different forms of media. This is a review of the film as a stand-alone work of art, not about how true it was to the novel that inspired it.

Summed up, the movie deals with a seemingly utopian future in which everyone is assigned to his or her role in society to maintain order. One young man, Jonas, is selected to receive memories from the old world so that he may provide guidance in the future. During his training, he realizes the world he's living in ultimately does more harm than good and attempts to shatter the illusion to save humanity.

My main problem with the movie was that it did not have an effective portrayal of its central issue: people not expressing emotion.

This boils down mostly to the acting, particularly by the younger actors in the film. In their attempt to not show emotion in their characters, they came off as flat and uninteresting.

I was later told that the young lead, Brenton Thwaites, had not had much experience as an actor. I had no difficulty believing it. His portrayal, along with those of his co-stars, made the scenes they were in ultimately boring, and the message of the film was lost.

There were highlights, however. The performances by Jeff Bridges and Meryl Streep were electrifying and their scenes together showcased two of the finest talents working in Hollywood today.

Also noteworthy was the clever cinematography, seamlessly transitioning from black and white to full color. These few gems were enough to make up for the aforementioned wooden acting, as well as several action scenes that (according to those who have read the book) were added for a few cheap thrills.

On a scale of one to 10, I would rate "The Giver" about a five. It's not unwatchable, but based on how highly I've heard the novel praised, it was nowhere near as wonderful as it could have been.



# Castleton upgrades continue with new website

**By Shannon Moriarity**  
*Castleton Spartan*

It's flashy, bold, and sports shiny new pictures. It has been completely redesigned. And while some of the feedback about the new Castleton College website has been negative, most seem to really like it.

"It's really cool," said junior Jesse Bashaw, "It has really interesting information and it is a lot easier to find the things I need. It's just going to take some getting used to."

The getting used to it part seems to fuel any negative comments.

"I'm warming up to it," said Shannon Newell, a professor in the psychology department. "At first, it was frustrating because there were still glitches, especially on the library page, and I had to re-learn where to find all the information I needed."

Jeff Weld, director of Marketing and Communications,

said that the overall feedback he has seen has been overwhelmingly positive. His team has continued to make changes since the initial launch on Aug. 12.

"We continue to work with faculty and staff to make sure their information is up-to-date and accurate," Weld said.

When you click on any page, atop is a link where everything about the new update is explained. Here, it states that the Castleton website was first launched in 1995 and throughout the years did not undergo many major changes.

Developers decided that maybe it was time for a little upgrade. They started brainstorming two years ago on designs for the website that would be more geared toward today's rapidly changing technology and the need for information quickly and efficiently.

"The main driving force is that the old site did not meet the expectations of today's Internet users," says Weld. "From our standpoint, the antiquated site was difficult to update, did not allow us to tell our story efficiently and lacked the technol-

ogy to deliver the type of content our visitors expect from a college website."

Let's face it, the old site was Windows 95 and this new website is the Windows 8 of it's time. Not only are there better, new pictures and up-to-date information, there are other features that make this new website extraordinary. Before the update, surfers would get lost in the abyss trying to find information. Now with simpler navigations and more organized information, getting lost isn't has easy.

For those of you who might be a little lost, there is a link made just for you! castleton.edu/resources has all the links current students and faculty would be looking for, such as email, Moodle, library services and schedules.

"From our standpoint, we could not be more pleased with the end result. We now have an amazing tool to help tell the Castleton story, and introduce new visitors to all of the amazing things our college has to offer," Weld said.

## Leaders seek a bigger SGA presence

**R.J. Allen**  
*Castleton Spartan*

*A sit down with Student Government Association President Elizabeth Young and Executive Vice President Julia McIntyre*

On every college campus across this country, there are groups of students who hold tremendous power and often the rest of campus doesn't always understand who they are or what they do.

To help remedy that on the Castleton College campus, I sat down with Student Government Association President Elizabeth Young, a business major, and Executive Vice President Julia McIntyre, an exercise science major.

Young, one year removed from being SGA treasurer, and McIntyre, a newcomer to SGA, stressed the importance of branding, accomplished in part perhaps by creating a new website to replace the old.

The current website has an outdated list of officers, an old constitution and incorrect emails. Young said she wants the SGA to become more accessible to students.

"With the new website coming up, we're hoping to have each of our pictures on the website with our email and position" she said.

Both Young and McIntyre spoke about a lack of an SGA presence felt as students walk around campus. They said they'd like to change that by placing SGA labels on items it paid for like the water-filling stations.

When asked about her duties, Young was quick to point out her role as more of a facilitator.

"I'm a mentor for the other students who are part of student government," she said, adding that she doesn't see herself as having to lead every effort, but finding those with ideas and helping them make their projects a success.

McIntyre echoed Young adding, "I'm basically here for support for all of the delegates in general. Also a voice of the students as we all are as SGA members."

Both young women spoke about how much they wanted to help their fellow SGA members find a path to success.

## Castleton to become a melting pot

*Continued from page 2*

and religions. Moreover, studying and working alongside students and faculty with diverse backgrounds will give you the skills and confidence to engage with members of diverse groups both here in the U.S. and from around the globe.

Recently, you have likely heard buzz about Castleton's efforts to internationalize. In the coming months and years, you will hopefully see evidence of these efforts through the promotion of study abroad programs, the recruitment of international students and the infusion of inclusive excellence more deeply across the institution. These initiatives and programs are led by a wide representation of talented and enthusiastic individuals on campus who are working in concert to better prepare you as Castleton graduates to make a positive difference in our sometimes confusing, highly complex, and yet still, pretty remarkable world. Stay tuned.

-Deborah Singiser, International Student Services Coordinator

# World Cup brings chills, thrills

*Continued from page 1*

rush through your veins. The streets were flooded with the smell of all different types of Brazilian foods from Pasties to Moqueca de camarao. You take a deep breath in through your nose and you are full just from the smells. Gabe, my buddy, really enjoyed "the diversity and quality of easy-to-access restaurants along the cobblestone streets." Everywhere you turned on a street there was a place to eat.

At every restaurant on the street there were tables and chairs set up so you could watch every game. People from all over were out, eating on the streets together, all watching the games. I have never seen a sport bring so many different people together at once. They feel the same love for this game that I have.

Days of the matches were wild! You would wake up and hear horns being blown, fire-crackers being shot off and music so loud you could hear it from five blocks away.

The square of Pelourinho in Salvador was major attraction for fans to meet up before the matches, in part because it's only a 10-minute walk to the stadium. We were lucky enough to stay for a week in that area. As early as 10 a.m., people would be in the square preparing for the days festivities. The two countries playing that day in Arena Fonte Nova would have their flags strung about the square. Their colors flowed through the streets like a river ripping through its path.

If you weren't wearing the colors of the team, strangers were more than happy to put face paint on you, even if you weren't rooting for them. Bees and people were the same that day, buzzing around the tents that served the Caipirinhas and cerveja (beer).

The march for the United States team was led by no other than Teddy Goalsevelt, a rabid fan dressed to mirror the former president. He was the icon for the fans in Brazil. We were

lucky enough to talk with him for quite some time and he was just as excited about the games as we were. He didn't even think about the army he was leading, just loved the fact that he was following the U.S. marching to a stadium.

For a match, everyone enters together. You march together. You might as well be a team. Everyone walks and screams their nation's song in unison. Half the time I didn't even know what they were saying, so I just yelled in hopes that I would blend in, but the people around us just liked the fact that I gave it a go. Loud noises were key.

After the games was a different story. People were either riding the high of their team's victory or feeling the woes of a loss. Regardless they drank. The small restaurants were overwhelmed with all the people asking for a cardapio. After the France vs. Switzerland game, we found a small place to sit and have a few drinks with some friends we met. Within minutes half of the place was red and the other blue. The France-Switzerland rematch was upon us. Drunken chants were being yelled from across a 40-foot cobblestone road. We just sat back, bought a couple more beers and enjoyed the show.

Once we were finished, our walk back to the square would not be empty-handed. Vendors on the streets want you to spend money – so we would, on more beer. It was rare to see someone with an empty hand. They either had a drink, a girl, food or some gift they were buying for someone. But mostly it was a drink.

Gabe was a big fan of the Caipirinha.

"It's the drink of Brazil. I feel like I'm insulting them if I don't drink it," he said.

It was all rum and some lime juice for \$3. You can't not love it.

The thing that both of us won't ever forget is when we approached the stadium for the first time. You would get almost a little nervous, like you are so excited that you were almost



PHOTO BY NICK LINGARDO

**Castleton alumnus Nick Lingardo represents Spartan pride in Brazil.**

afraid. Waiting in line to go get our tickets scanned, people of all sorts were taking selfies, pictures of the stadium, the woman wearing the bright orange feathered hat and orange bikini or even just getting a shot of the enormous crowd funneling in through the tiny gate entrances. But after

you got through security and first walked into that stadium, stepped out from underneath the stands and just looked around, it took your breath away. It was just pure amazement. The national colors just scattered throughout, as if some artist closed his eyes took his brush and flicked it in

every which direction.

It was unbelievable. Once Gabe and I finally reached our seats, our view was perfect. The entire stadium was in our sights and as the very first whistle blew we were on the edge of our seats and ready for the trip of a lifetime.

## Thinking of the future

*Continued from page 1*

Also new to the Opera House is the Castleton Center for Entrepreneurship. Following suit with the college's aim for community partnerships, a major goal of the center is to provide Castleton students with beneficial internship opportunities.

"We'd like all of our students to be involved in some kind of internship and mentorship opportunity," Wolk said.

Chrispin White, director of the Robert T Stafford Center for Support and Study of the Community, has been a major force behind these student opportunities. His growing enterprise has revealed that most student internships are in Rutland, which led to the push for a base in the community.

"The beauty of it is that our professors and students will be more able to connect with these industries," Wolk said.

In addition to the fresh political and economic footprint, Castleton has also made an artistic impact in downtown Rutland.

As part of a \$1 million renovation project, the Castleton Downtown Gallery is located in the Center Street Market-place and has consistently hosted the works of students, faculty and out-of-area artists since its opening in 2013.

Most recently, the college has established ties with Rut-

land's Paramount Theater, to expose students to a larger array of cultural events. This partnership made its debut to a full house on Sept. 9 with the showing of the film "Hungry Heart" as a Soundings event.

"Having hundreds of students down there for an academic exercise mixing with locals was a beautiful thing," Wolk said.

In the future, Castleton officials hope to expand the school's athletic influence in the area with the recent gift of the Spartan Dome that will open in the summer of 2015. The dome, which is one of only a handful in the nation, will be connected to Spartan Arena and will contain an indoor track and turf field. Wolk's vision is that this facility will not only be a recreational center for the community, but will also provide students with valuable internships relevant to an array of majors.

As the college emerges into a small university, Wolk said he is excited for the greater mix of opportunities that will be available to Castleton students.

"That's the population hub. The challenges in Rutland are different than the challenges in Castleton. That's the perk of a liberal arts education," he said. "Our students gain real life practical experience in a variety of venues while contributing to the Rutland renaissance."

## Castleton's road warrior

**By Matt Trombley**  
*Castleton Alumnus*

It's 5:30 a.m. and the alarm goes off on the hotel nightstand. Time to get up, pull the ironing board out of the closet and drink coffee like it's the only thing left to consume on this earth. I get dressed, put on the tie and hit the road for another day of visiting high schools – high schools where future Spartans may be.

Being away from family is one of the hardest things a person will have to do, but what if that family had more than 2,000 people in it? Castleton College is where I call home. It's what I call my family. Castleton is so dear to my heart that I've hit the road for the Admissions Office to try to spread the word about the family that we are all a part of.

For the next 10 weeks, I will be visiting high schools in western Massachusetts, Connecticut, Rhode Island, New Jersey, eastern Pennsylvania and Maryland. Five other representatives are out now with different territories, so our paths may never cross.

The first visit of the first day was a mini college fair at SABIS International Charter School in Massachusetts. This is a fair that many different colleges will attend and set up a booth so students can walk around and browse at different schools. After setting up my booth, the students came in shortly after. It was go time.

Their reactions to Castleton were wide-ranging. One student walked up to the booth and shouted, "Vermont!?" with a confused look on her face, then turned around and walked away. Others were of course intrigued by Castleton and were interested in checking it out. There were so many colleges and so many choices for students to make that morning, but I was able to walk away with 17 cards with students' information.

After the fair, it was time to visit high



**Matt Trombley**

schools. The excitement was overwhelming. How many students will show up for these? The answer is two. That's right, two. Three high schools in one day and two of them only had one student interested, and nobody showed up for one of them. The excitement went down after that.

Day two was just as bad. Four visits and only a handful of students. On the bright side, the lack of quantity is made up for in quality. These students interested in Castleton all are trying to find themselves.

Jesse Molin from Granby, Mass., wants to apply and is interested in business. After talking to Molin about the business program at Castleton, his face lit up and said, "I can totally see myself coming to Vermont."

Emily Eckstrom, from Bristol, Conn., plays tennis and wants to be a journalist. Her eyes widened after she was informed of the concentration in journalism Castleton offers in communications, and was excited when she knew I would be writing about her in the paper that she will hopefully be writing for in the future.

The open road still holds a lot of adventures. There are only a select few who can take the brutality and loneliness of the road, and I really hope that I am one of them.



# Men’s runners are youthful and optimistic

**By Kaylee Pratt**  
*Castleton Spartan*

Although the Castleton men’s cross-country team didn’t exactly come out with a bang in early season meets, senior captain Matt Woodward is staying very optimistic and said the young team is improving with each meet and practice.

“We know we can do better. We’re all running really well, but we want to be a lot better and win the NAC championship,” he said.

Woodward said one main component the team will be

working on in practice is improving on hills, distance and speed.

With such a young roster, consisting of three freshmen, four sophomores, two juniors and one senior, head coach John Klein said he has a lot of great guys to work with.

“We have four guys who have never ran an 8k before and for them to be doing this well is pretty terrific,” Klein said.

He said even though they may have one of the youngest teams in the conference, they are a lot further ahead than he predicted they would be this early in the game.

The team graduated four key runners including Isaac French, Steve Hagemann, Nick Tubolino and Zachary Smith, but junior Ben Girard and freshman Grandon Smith have really stepped up to fill those shoes.

“These guys are really starting to work together and they are learning each other’s style and beginning to get closer to each other at the end of the race,” Klein said.

In their most recent race at the Mountaineer Invitational in Bennington this past weekend, the men earned a second place finish out of eight teams.

Top runner for the Spartans was Smith, who took third place with a time of 17:55. The other top-5 finisher, falling just four seconds behind was Girard, who came in fifth place with a time of 17:59.

Having only three contests under their belt, the Spartans are already looking ahead.

“It’s hard to tell when depending on freshman, but they are looking really good so far. We are looking to be in the top three again,” Klein said.



PHOTO CONTRIBUTED BY CHRISTOPHER WILLIAMS  
**Grandon Smith leads a group of runners during a home meet.**



PHOTO CONTRIBUTED BY CHRISTOPHER WILLIAMS  
**The Spartans’ Spencer Dandurand plays a ball in the air against a Lyndon State College defender during a NAC contest at Castleton.**

# Men’s soccer breaks 0-4 start

**By Isaac Devoid**  
*Castleton Spartan*

The Castleton Spartans men’s soccer team has been haunted by a 0-4 start to their season this fall.

However, things turned around on Saturday when the Spartans notched their first victory, defeating Plymouth State 3-1.

Coach John O’Connor was very excited to finally get into the win column.

“It’s been a long time coming, I knew the guys could do it all along,” he said.

Plymouth State started off the scoring with a great shot to the bottom right corner of the net from Nick Rutherford in the 11th minute of the first half.

Castleton controlled play for much of the half and had had many great scoring opportunities, but the Spartans simply couldn’t seem to find a scoring spark.

But the second half was a different story.

Minutes into the second half, Bryce Kaler demonstrated some great vision to find an open Vinny Addonisio with a through ball toward

the right side of the box. Addonisio showed off his crafty footwork, grabbing the pass and spiraling through Plymouth defenders to score the first Spartan goal of the match.

After that, the Spartans simply couldn’t be stopped.

In the 68th minute, Justin Hepburn sent a beautiful kick from about 20 yards out to beat the Plymouth goaltender. The ball appeared to hit off a Plymouth defender before tickling the net.

Castleton’s defense shined in the second half, keeping the ball mostly in Plymouth territory. The defense

was backed by sophomore goaltender Dan Palker, who earned his first career victory on the day, and also made four saves.

Palker was brilliant, but stressed that it was not just his effort.

“The defense played fantastic. It’s tough to play perfect defense, but I was lucky with the way they played in front of me,” he said.

Senior Spencer Dandurand rounded out the scoring for the Spartans. Dandurand utilized his speed to create a broken play, and put himself one-on-one with the goalie and finished with a beautiful chip shot over

the goalie’s head.

“Getting that goal at the end was the finale to it all. It was great work from the guys, and I was just lucky enough to be the one on the end of it,” he said.

Despite a rough start to the season, O’Connor feels the Spartans leadership will lead to great things this season.

“You look at Bryce and Dameon (Young), who dug their boots in and said were going to do this. If they can hold on to that, there will be more wins to come,” he said.

# Volleyball team splits a pair

**By Derek Fallon**  
*Castleton Spartan*

The women’s volleyball team this past weekend looked to improve on a disappointing start to the season with games against SUNY Cobleskill and Me.-Presque Isle.

The lady Spartans dominated the first match against Me.-Presque Isle, winning in straight sets, (25-11)(25-12)(25-10). The team was lead by great performances by both Amanda Chambers and Kristi Lawless.

Castleton tried to ride that high going into the next game against SUNY Cobleskill but came up short in a thrilling five set match, with both teams going back and fourth.

The Spartans showed some heart in the fourth set after being

down 0-7 and coming back to win the set (25-23) to force a fifth and final set. But some errors in the fifth set cost the team the match.

“We played well in the first game against Me.-Presque Isle, winning in three sets and kept the enthusiasm into the second game, we just came up short,” said head coach Nicole Kondziela in her first season as head coach.

Castleton will get another crack at Cobleskill when they play them again in a few weeks on Oct. 15.

“We worked hard, we played hard, we came up short and we will get them next time, said sophomore Kristi Lawless.

The Spartans are back on the court this Sunday for homecoming weekend with games against Southern Vermont and Lyndon State.



COURTESY PHOTO  
**Michaela Babineau serves a ball during a home contest.**

## Homecoming weekend sports events

- Football vs. RPI, Saturday Sept. 20 at 12 p.m.
- Women’s soccer vs. Lyndon State College, Saturday Sept. 20 at 4 p.m.
- Men’s soccer vs. Lyndon State College, Saturday Sept. 20 at 7 p.m.
- Men’s lacrosse alumni game Friday Sept. 19 at 7 p.m.
- Men’s lacrosse obstacle course. Registration 8:30 a.m. and starts at 9.
- Castleton color run.
- Volleyball vs. Southern Vermont at 11 a.m. and vs. Lyndon State College at 3 p.m.

# Consistently finishing fourth Enjoying four-game win streak



COURTESY PHOTO  
**The men’s golf team has finished fourth in every match so far this season.**



COURTESY PHOTO  
**The tennis team is off to a 5-1 start, and continues on Wednesday, Sept. 17.**



# Margie Kuchinski leads Spartan runners

By Kaylee Pratt  
*Castleton Spartan*

The Castleton women’s cross-country team is looking to leave their mark this year, with a team full of returners and two new faces joining them on the journey.

Team members said they worked hard this summer and it is really starting to show.

“I think everyone sort of picked up where they left off last season,” senior Cassie Pinaire said.

This year the goal was to create a family within the team and Pinaire said they are doing it.

The Spartans have taken two freshmen into their “family” this season, Elizabeth Bas-

sette and Ali Nelson. Bassette, who is from Woodstock, has already proven herself after being named the top finisher for the Spartans in two consecutive contests.

In the most recent race over the weekend at the Mountaineer Invitational, Bassette and Coach Melissa Crossman made a mutual agreement that it was in Bassette’s best interest to sit out of the race due to an injury. She will be taking it easy throughout the week and will back in action for the next race at UMASS-Dartmouth.

However, Sophomore Margie Kuchinski stepped up and earned the title of Spartan top finisher on Saturday after taking ninth place overall with a time of 23:51.

Not to far behind her was senior Shelly Audette, earning 10th place with her time of 24:01.

Only looking to move forward from here on out, the Spartans are prepared and really excited to be hosting the NAC Championship this year.

“We know the NAC is going to be really difficult this year, but it would be really cool to go out with a bang on home course,” she said.

After being on the team for four years, Pinaire is not looking for to its end.

“It’s going to be bittersweet to have my last race,” she said.

The Spartans will be in UMASS-Dartmouth for their next race this Saturday.



CHRISTOPHER WILLIAMS/ CASTLETON SPARTAN

**Womens cross country runner Caitlin Ryan races against a runner from Albany College of Pharmacy and Health Sciences on Sept. 13 at the Mountaineer Invitational.**



## Sports Talk

With Spencer Dandurand

The Castleton women’s soccer team fell tragically in the final seconds of a hard fought game against RPI on Sunday. Though the Spartans fell short, they worked hard throughout the game against a tough opponent on a day in which Castleton got its first real taste of fall weather.

Right now, the loss undoubtedly leaves a bad taste in the mouths of every member of the women’s team, but these are the tests that every championship contender must face early in the season.

Some teams fill their non-conference schedule with less-than-stellar opponents, hoping to light up the scoreboard and enter conference-play unscathed, but the Spartan women’s soccer team already boasts some serious battle scars.

Just over a week ago, the women faced a Middlebury team ranked third in the country. Although the game ended in a 3-0 loss for the Spartans, the women gained some confidence in knowing they can compete with the best of the best.

After starting conference play against Lyndon next Saturday, the Spartans will have to refocus quickly as they face the ninth nationally ranked Williams College on Sunday.

In between the tough contests, the Castleton women have rolled to wins over familiar opponents MCLA and Norwich, outscoring the two by a combined 6-1. Tenth-year coach Chris Chapdelaine seems to have found the formula for success when it comes to scheduling, as his team is constantly competing for a conference championship year after year.

The scheduling philosophy used by Chapdelaine continues to become more of a presence among the other teams at Castleton. Men’s soccer, women’s field hockey and football all boast very strong out-of-conference schedules.

As Castleton continues to become more competitive with these nationally recognized programs, the strides made go far beyond a notch in the win column.



COURTESY PHOTO

**Spartan’s running-back Matt Rafus looks to elude a defender during their season opener against Plymouth State University.**

# Rebirth has begun

By Derek Fallon  
*Castleton Spartan*

The Castleton College Spartans kicked off the 2014 season in style with a huge 20-17 overtime win against Plymouth State in front of a packed Spartan Stadium, on a wet and rainy afternoon.

The win was the first for new head coach Tony Volpone, who took over a program mired in controversy after several players were suspended in a scandal involving thefts from Dick’s Sporting Goods.

“It was a great win for the program. I felt like it helped mature us, both as players and coaches, being that it was an OT game. The defense played well at stopping the run and we showed great balance on offense between the run and the pass,” Volpone said.

Castleton’s attack was lead by junior tailback Matt Rafus, who ran for 134 yards on 30 carries on the day, while recording two touchdowns, which included the touchdown in OT to give the Spartans the win.

Sophomore quarterback Tyler Higley also had an impressive first game, throwing for 179 yards on 19 completions. Higley started over quarterback George Busharis, who was suspended for a game for an off-campus issue.

The Spartans finished last season with a 1-9 record, worst in program history, in the wake of the Dick’s scandal. And the question is still there; has the team moved out from under that dark cloud? Volpone said he hopes so.

“I think it’s too early to make a comment on that. Time will tell. That is my intent, that is my hope. We have stressed that as such, but we’re just one game



CHRISTOPHER WILLIAMS / CSSTLETON SPARTAN

**Quarterback Tyler Higley rolls out looking for Spartan receivers. Higley went 19-31 for 179 yards in the Spartans game against Plymouth State.**

in,” he said.

Along with Volpone as a new face, the team sports more than 20 freshmen and has adopted the slogan “New Team Same Dream.”

“It just felt great to get a win after a long year last year. We really came together as a team and never got down no matter the circumstances, which is what coach Volpone has been preaching all year,” said defensive lineman Brett Denning. “Everyone really has the same goals as we are all working hard. It just felt amazing as a team to get the win.”

Before the game, fans filled the parking lot, the smell of burgers, hot dogs and sausage fill the air, signaling the start of the long-awaited football season.

“We are very excited to have football back. I just met up with the coaches and some new recruits and it’s great to see everyone’s families here,” said President David Wolk.

The Spartans will retake the field on homecoming weekend against RPI on Sept. 20 at 12 p.m.

# Lady Spartans fall in heartbreaker

By Isaac Devoid  
*Castleton Spartan*

With only 16.6 seconds left in regulation, the Castleton women’s soccer team allowed RPI to take a 2-1 lead that would hold out as the game winner on Saturday at Spartan Stadium.

Despite the loss, the Spartans battled and gave the impression that many wins are coming this season.

The Spartans started off their scoring in the ninth minute when Mallory Costello made a brilliant pass to Jenna Bostwick at the top of the box. Bostwick crushed the ball sending it just passed arms of RPI goaltender, Tori Riopelle.

Castleton was dominating.

However, RPI came back with a tally of their own. In the 43rd minute, the Engineers fired a shot, which was snatched by Castleton goalie Jess Binkowski for a huge save. But, Binkowski was unable to hold onto the ball, leaving it on the turf. RPI’s Hannah Bordogna took advantage sending the ball to the net to give RPI their first goal of the game.

According to sophomore midfielder Bri DiPhilippo the Spartans spirits could not be crushed.

“We didn’t get down on each other no matter what, we played well as a unit and stuck together,” she said.

The match was very evenly paced moving though the second half.

The Spartans utilized great defense anchored by junior Captain Allie Vachon. Vachon’s elusiveness and speed help saved many RPI opportunities.

Although the match appeared to be headed for an extra period, Castleton just couldn’t fight off the hungry Engineers.

With 16.6 seconds left Cori Winslow struck the ball with great



CHRISTOPHER WILLIAMS / CASTLETON SPARTAN

**Goaltender Jess Binkowski dives after the ball. Binkowski had seven saves in Saturdays loss against RPI.**

force sending it just over the head of Binkowski for the game winner.

The heart-wrenching loss was tough for the Spartans to take, but DiPhilippo is confident about the outlook for the rest of the season.

“If we keep practicing, and playing hard we have a great chance in conference and with the NAC title,” she said.

The lady Spartans have a 3-3 record and play again at home against Lyndon State on Sept. 20.



## Expansion predicted despite decreased enrollment

By Catherine Twing  
*Castleton Spartan*

While official Castleton College enrollment numbers won't be available until Oct. 15, it's clear that this year's incoming class is much smaller than classes in recent years, although explanations why are elusive.

"We had a similar situation in 2007, then the following year we had record-breaking numbers," said Maurice Ouimet, dean of enrollment. "It just happens."

President Dave Wolk wanted to clarify the numbers too, saying "It's not low enrollment, it's different enrollment."

What Wolk is referring to is the increase of part-time and graduate students as opposed to traditional, full-time students.

If you're looking for evidence of this change, just check the residence halls.

According to Director of Residence Life Mike Robilotto, last year there were about a dozen incoming students living in a hotel in Rutland until they could find space for them on campus. This year, however, there are many empty rooms and no forced triples.

Currently, there are roughly 970 students living on campus. At full capacity, the campus could handle nearly 1,100.

"Affordability" was a word that came up several times while speaking with Ouimet.

He said that affordability is the number one reason students withdraw from college or only enroll part-time. He said another reason enrollment is down is because of the lack of 18-year-olds in New England.

Upperclassmen, however, don't seem to mind the decreased number of freshmen.

"I like it because I don't have to park in South Street, which is nice," said junior Courtney Shannon.

To boost future enrollment, this year recruiters are going further than ever before, Ouimet said. Admissions officers will be traveling all the way to the west coast to find potential Spartans, he said.

And the school isn't stopping there.

Wolk said there is "quite an initiative to attract and retain international students." He expects more students from China, East Africa, India, Japan, Canada and European nations.

The new website, Ouimet said, will help with this endeavor, giving potential students a good sense of what Castleton is before they commit to making the trip out to visit or enroll.

This year's lower full-time enrollment is seen as an isolated incident and therefore does not drastically affect the budget. If this trend continues for multiple years, officials said there will have to be a few changes to the budget and programs.

According to administrators, the plan to expand is still in place and this year is not indicative of a downward trend.

As well as maintaining a consistent number of undergraduate students, the focus is now on the many graduate programs offered including the upcoming arts administration and athletic leadership programs.

"One of our goals is to be the premier master's degree institution in Vermont," Wolk said.

Wolk made a point to say that Castleton has experienced 10 years of growth and as part of the "Castleton Plan" will likely continue a gradual increase in students and programs.

## Castleton lights up the night

By Courtney Picone  
*Castleton Spartan*

Castleton pulsed with life in the late hours of the night. Students entered the building ornamented with glow sticks and LED lights. Music surged through the building as students made their way to the S.H.A.P.E Gym, the unlit hallways lined by glowing arrows transformed to tunnels leading to the Glow Party. Students flowed through the hallway like blood in a narrow artery, bustling together as they tried to reach their destination.

In a wave of heat, glow sticks painted the air as two students commanded the night from the stage revealing their master music skills.

Only three hours previous, the prospective DJ's of the night were battling it out in the DJ Master class to decide the two lucky individuals

that would get to lead the Glow Party. The winners, Joe DeSantis and Matt Woodward; easily created a great atmosphere that many students seemed to greatly enjoy.

"I think the party is going really well. There are a lot of people here tonight, and I hope more of the events go like this. There weren't a lot of people at first, but now it's going really great!" said junior Emma Faucher.

True to Faucher's comments the gym was packed, and more students filtered into the room as the night wore on picking up their complimentary glow sticks before they made their way into the exhilarated crowds. Strands of silly string sprayed the wild crowd. Members of the Campus Activities Board looked on in delight at the success of the night, some members took pictures of the crowds to document their triumph. "It's really successful,"



CHRISTOPHER WILLIAMS/CASTLETON SPARTAN

**Master DJ Class winner Matt Woodward performs at the Glow Party.**

said BreAnna Morse, a member of CAB. "We were really worried at first because dances haven't been known to go very well on

campus. But this event is definitely doing great, and we really want to do something like this again. It keeps students preoccupied

and on campus so they're not bothering the community, and it's a great way to have fun."

## Finding strength in campus community



CHRISTOPHER WILLIAMS/CASTLETON SPARTAN

**Senior Nicole Irwin remembers her father who lost his long battle with cancer nearly a year and a half ago.**

By Ruby Bushey  
*Spartan Contributor*

Andrew Cremins sits in the living room late on Sunday night after finishing his homework. He pulls out his phone and begins typing a goodnight message to his dad, but stops and re-

members that even if he sent the message it wouldn't be received and there would be no response.

"It was probably one of the more surreal things that happened in my life. When it happened, I don't know how it is for everybody, but you almost can't even believe it. It becomes unfathom-

able, like it is a dream almost."

Cremins, a senior at Castleton College, lost his father to cancer in May, just a week before graduation. Around Easter, Cremins' father said his legs had filled with fluid and weren't working correctly, meaning his kidneys were failing. He had to get them drained. He was losing his two-year battle to cancer.

Cremins left college about a week early to travel down to Massachusetts General in Boston.

"It's one of the best hospitals in the world," he said. "So I knew if they couldn't do anything that he was pretty much in God's hands at this point, and I understood that. I wouldn't wish that upon even the worst people in the world. It sucks, but it's a reality."

For most college students, their reality involves classes, sports, homework and parties. Not many realize that some students' reality involves losing one of the most important role models of their life. For Cassie Harnett, it wasn't just about losing an inspiration, it was losing financial stability.

Harnett was a sophomore at the University of Vermont when she got a phone call saying her father had been diagnosed at the Dana-Farber Cancer Institute with stage-four Lymphoma after he had noticed a small lump on his body around Christmas time.

"My dad was my biggest supporter. He was always telling me, get your degree, get your degree, it means the world and pretty much money," Harnett said. "It's hard because my dad did generate some very good income and there are a lot of things I can't necessarily afford, so I've had to take out many student loans and apply for grants and scholarships."

But her dad's passing may have also helped her find her focus.

"It's a huge impact on you," said Harnett. "I know what I want to be doing with my life, and I think since my dad has passed away, I have definitely figured out where I want to be going, what I want to be doing and I finally moved home to Rutland and transferred

to Castleton.

"It has been the best experience. I've actually branched out and have been writing news stories, and meeting new people. Being in college helped me through it a lot. My friends are a great support group and there are many other people in the same boat."

Senior Nicole Irwin lost her father the week before finals two years ago in May. When she was in second grade, he was diagnosed with cancer and doctors removed a tumor. As most know, after five years, one is considered cancer free. But, she said, the doctors had failed to undergo one test and a year later, Irwin's father knew something was wrong. He began chemotherapy, but by the time Irwin was a junior in high school the cancer had spread to his hip bone and it became stage-four.

"I knew at that point. So I started spending as much time with him as I could. It was rough, he was very sick," she said.

When doctors notified Irwin and her family that her father could have between 24 hours and a couple days left to live, she packed up the week before finals to go home and began to say her goodbyes.

"My mom one night asked me to go check on my dad because she was frightened. He hadn't moved in hours. So I went into his room and there wasn't a heartbeat, it was 3:30 a.m.," she said.

Harnett and Irwin both agreed that being in college was a helpful distraction because they were surrounded by friends.

When students rally with other students, it helps to keep an extended family.

"There is no easy way, but being surrounded by friends and keeping yourself distracted is the best way to do it," said Irwin.

*Continued on Page 6*

## Campus comes alive for Homecoming

By Catherine Twing  
*Castleton Spartan*

Homecoming Weekend at Castleton was filled with families, fun and plenty of things to do, all made complete with an enormous blow-up reptile.

"It gives students a chance to come together as a community," junior Eric Ginter said.

The excitement began Friday after sun down with the Campus Activities Board, CAB, sponsored Family Feud game show night.

"We lost, but it was pretty cool. They gave away \$200 cash," junior Mariah O'Hara said.

Hypnotist Eric Mina was yet again a success as he performed in the Campus Center, which was filled with 100 attendees, both family and students.

According to David Ievoli, president of CAB, Mina's skills of hypnosis made every-

one laugh so much that there have already been requests for him to return next year.

"Getting hypnotized was the greatest experience ever," freshman Kirsty Bell said.

Getting an early start Saturday morning were tailgaters, teams and other groups preparing for the days events.

Although the football team suffered an unfortunate loss to RPI, there was no shortage of Spartan Pride.

Graduate Assistant Meghan Hakey said the weekend was "already successful," as she stood in line to make a personalized license plate Saturday morning.

Later in the afternoon students packed into the campus center waiting for their chance to make license plates, key chains and personalized door hangers.

Hakey was very impressed with attendance this year.

"There are so many alum-

ni," she said. "Especially young alumni."

However, Alum Paula Danforth was excited for a very difference reason.

"I love the school now," she said. "It's just beautiful."

Compared to the usually quiet atmosphere of a Saturday on campus, there was no shortage of activities.

"It's exciting that there are so many free things for students to do" junior Courtney Shannon said.

Most enjoy the weekend because they get to see their parents. One student said the highlight of the weekend was the bounce house and blow-up slide with the alligator on top.

"It's a bounce house at a college. Where else can you find that?" said the student, who wished to remain anonymous.

Overall, Ievoli said the weekend as a success.

"The glass etching was my



CHRISTOPHER WILLIAMS/ CASTLETON SPARTAN

**Homecoming offers a mix of events on campus.**

favorite," said Ievoli. "Something new we hadn't done before and people really enjoyed it."

The activities that seemed to elicit the most attention was

the football game, cow plop bingo, and the hockey team's dunk tank.

*Continued on Page 6*



# Yik Yak attacks

The “Mean Girls” Burn Book has gone paperless, reducing the carbon footprint of Plastics everywhere – or at least within a 1.5-mile radius, one yak at a time.

Fresh to the world of social media, the app Yik Yak is sweeping high schools and college campuses throughout the nation. Originally designed for virtual bulletin postings, Yik Yak is a location-based anonymous posting site that psychiatrists say has taken cyber-bullying to a new level.

“The new Yik Yak app, originally designed for college campuses, is the most dangerous form of social media I’ve ever seen,” said Dr. Keith Ablow, of Fox News Medical A-Team.

According to Ablow, the anonymity of the app provides users with the confidence to post anything, regardless of the truth behind the statement. Additionally, he said the geographical restrictions of the app make it exceptionally harmful for populations in a confined area, such as a school or college campus.

“Anyone using Yik Yak can turn a school into a virtual chat room where everyone can post his or her comments, anonymously,” said Ablow. “Untruthful, mean, character-assassinating short messages are immediately seen by all users in a specific geographic area.”

These concerns have been mirrored by educators across the nations who have taken the initiative to block the use of the app from their school servers. Neighboring Norwich University recently made the decision to block the app, however, students are still able to utilize it via their own data plans.

Yik Yak is still free reigning on Castleton’s campus.

Over the past few weeks, students have abandoned their character and the pride that comes with attaching their name to something and succumbed to the comfort that anonymity provides.

Yak by yak we are tarnishing not only the reputations of individuals, but also of the college that prides itself on having such a strong sense of community. Posts have been made falsely accusing specific individuals of drug addictions and pregnancies, accusing groups of targeting women with date rape drugs, questioning students sexual orientation, and much more.

This app is for the spineless, for those without the confidence or the audacity to state their own opinions. Every person may not like what you have to say, but have some confidence in your convictions and take ownership of your words.

If you cannot claim your own words than what as an individual can you claim?

-Molly DeMellier

# Fresh Perspective



Of course I know that it’s not the entire generation. 18 and 19-year-olds are starting college, coming from all over the country and making these bad choices. It could be just the fact that we are away from home for the first time and partying is on our mind and we want to rebel. But it feels much bigger than that.

One could argue that it is the choices we’ve made in the past define us. Or maybe it’s the way we were brought up. Maybe it’s the fact that we were the first generation who didn’t really know what it was like to live without things like Internet, cell phones, or constantly depending on someone else.

Things have always just been easy for us, which makes us think that we can’t get into trouble for doing wrong and illegal things. We’ve never had to do things on our own, so why start now?

In my classes I’ve even noticed there are very few freshmen that actually know how be independent. Others want help, extensions, allowance and to generally be lazy.

They are the ones burning books, and showing up to parties in packs of 20 because they never learned how to go anywhere alone. They are the ones terrorizing and vandalizing streets. Those are the people to blame, not the entire freshmen class.

Personally, I am tired of this bad reputation. Hopefully everyone realizes that it is not all of us, it’s just a small percentage.

-Carly Trombley

Every year the freshmen class is generally disliked. But this year, we are disliked even more.

As you all may know, the freshmen have quite a bad reputation this year. From burning books to terrorizing Main Street, we’ve given ourselves, and the school a bad name. But it’s not the whole freshmen class acting out. However, people are putting this stigma on us so it makes everyone look bad.

When I was in high school, my class was always considered the babies. Many of us had helicopter parents who did much of the work for us so we never really learned right from wrong. I excluded myself from those negative connotations because I feel my parents gave me the tools to succeed and to always do the right thing.

When I came to Castleton, I thought that I left behind the childish actions of my classmates and their parents. Little did I know it wasn’t just Proctor High School’s senior class of 2014 who had this problem; it was the entire 1995-1996 generation. What I would like to know is what happened in those couple of years, if anything, to make us act the way we do?



# Protect our winters



PHOTO PROVIDED BY CARRIE WAARA  
Professor Carrie Waara marched in New York against climate control.

I think I was the only one at the climate march wearing snowflake deely boppers. People on my bus nicknamed me “Snowflake” and said I was easy to spot in the crowds. Surprising numbers of people on the

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street and in the march told me “I like your sign! May I take a picture?”

My sign said, “SNOW IS C.O.O.L.” on one side, “CO2 LOWERING IS C.O.O.L.” on the other, with “snowflakes” I cut out of white paper. Whenever someone else had a sign about snow or winter, we nodded knowingly at one another, thumbs up, like the holder of the “PROTECT OUR WINTERS” professionally designed banner. I thought of the many Castleton riders and skiers who’d appreciate that.

And that’s what struck me over and over that day in New York — there are so many people resisting climate change for so many reasons: farmers, flood victims, young families, labor organizers, social workers, economists, scientists, college students...

Everyone can think of at least one thing they would really miss if global warming isn’t stopped.

It was the biggest and best street party I have ever experienced. I marched with folks from Berkshire County, Mass., where I’m from. The Berkshire Bateria, a samba percussion group, came with us. Their Brazilian beat kept everyone feeling energized and dancing the whole four miles through Manhattan. What a positive feeling to be part of a huge crowd glad to be together and united around this important issue.

I can’t help but think about the week before the march, when I sat wiping tears from my face in a darkened Herrick Auditorium. I had arranged to show the film “Disrupt. Climate. Change” for free to the Castleton community during N-period. I’m a sap, so what started my tears was the part of the film that shows inner-city New York high school students getting ready to participate in the march. It moved me to see young Americans so engaged with such an important global cause.

And my heart was also breaking because only four Castleton students showed up for the film – all of them current or former students of mine. I asked my friend Elizabeth, a retired organic farmer, why she keeps going to these marches, and she said, “Because it gives me hope.”

So I went, desperate for hope.

Near the end of the march, I met the coolest group of young people from Minnesota. They had been on a bus for 24 hours, marched for five hours, and were getting back on the bus right afterward, yet they warmly asked why I liked snow. When I answered that I had lived part of my life in Alaska, one of them literally jumped for joy and told me all about the seven weeks he’d spent this past summer hiking and studying the Alaska Arctic National Wildlife Refuge.

I found hope.

-Carrie Waara

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# Meal plan changes unpopular among students

By Peter Vaughn  
*Spartan Contributor*

Fireside Café has been faithfully serving breakfast, lunch and dinner to Castleton students for years. But this year, some changes have been made to the meal exchange program that students aren't happy with.

The biggest change is meal exchanges are no longer allowed on weekends, a time when students want to use it most.

"It's kind of a bummer because you save up all week long to use them on the weekend and now, you can't, you have to use points," said junior Dillon Danyew.

The daily times that exchanges can be used has also changed. Before, exchanges were in effect from open to close daily. Now they are only

valid from 10:30 a.m. to 7 p.m. Monday through Thursday and 10:30 a.m. to 9 p.m. on Fridays. That means no more breakfast and late night dinner.

"I'm not a big fan of the time change at Fireside," said sophomore Matt Conger, "I get out of classes at 6:50 p.m. and there's not enough time to go there for dinner anymore."

So why the change?

"The meal exchange was set up in response to the low number of seats in Huden Dining Hall before we remodeled," said Jeff Kurto, the general manager of Sodexo dining services. "Originally we had 250 seats in and over 1,100 students on the meal plan. Currently we have 450 seats in the dining hall and under 1,000 students on the meal plan."

The idea before was to displace some of the business from Huden to Fireside

in order to manage the cluster of students all trying to eat packed together in Huden, he said. In recent years, however, Fireside has become more of a second dining hall than its intended role of a café, he said. Kurto and members of the Sodexo staff are working together to turn Fireside into more of an express service with pizza, sandwiches and some grilled items.

In the past couple years, Fireside has downgraded their menu drastically. You used to be able to order the monstrous Spartan Burger and a side of French fries or go for the popcorn chicken with a serving size so large you could hardly finish it all. But those days are over.

"The equipment that we have there could not handle the volume that we were seeing," Kurto said. "We did not have the option to get new

equipment so we had to make some adjustments to the menu. That's why you'll see less fried items."

Although these changes are leaving some students frustrated, Kurto and the Sodexo staff are continuing to make changes to make students happy.

"Every semester we take the opportunity to evaluate our services and make improvements. Improvements based on service, speed, variety, that sort of thing," Kurto said.

And based on recent feedback, they will likely bring back omelet service during the week. He urged students to continue writing on the comment cards in Huden and also recommended that any student trying to make some changes in the dining hall should consider joining the food committee that meets once a month to discuss possible changes.



PETER VAUGHM/SPARTAN CONTRIBUTOR

**Students are upset that limitations have been put on Fireside Cafe meal exchnages.**

# Spontaneous smoke dectors sound-off in residence halls

By Courtney Shannon  
*Spartan Contributor*

It's 7 a.m. Saturday and Castleton College students are sleeping peacefully in their residence halls, recovering from the previous night's activities and relishing in the relaxation of the weekend. No alarms are set, no plans are made until the evening and rest is the only thing on the agenda for the day – until a piercing scream shatters the silence.

"Fire! Fire!" said the mechanical voice of the alarm on the wall, destroying the morning calm.

There is no emergency however, just a smoke detector spontaneously sounding off.

Students all over campus have been experiencing smoke detectors in their rooms erroneously going off.

Jadie Dow, a sophomore dealt with this problem firsthand last year.

"It wasn't just one instance. It was going off and then would stop," Dow said. "I decided to unplug it because it wouldn't stop going off."

Keith Molinari, director of Public Safety, said there's a reason for the large number of malfunctions.

"They carry a five-year shelf life," Molinari of the detectors.

"Over five years, it is going to become increasingly more sensitive to emissions in the room. It could just be dust particles when they are that sensitive."

To remedy the problem, the detectors are often taken from the room and the batteries, or the detector itself, is replaced. But students are taking issue with the long turnaround time to get the detector back.

"He didn't come back

with a new one for a month," Dow said when her smoke detector was taken.

Mike Robilotto, director of Resident Life, explains that the replacement procedure is what makes the replacement time long.

"We call Public Safety to replace the battery. If there are not batteries available, what they do is pull it off and then do a work order to have it replaced," said Robilotto. "But that was last year's system. Now we have a new director of Public Safety who's working with Facilities to make it a much smoother process."

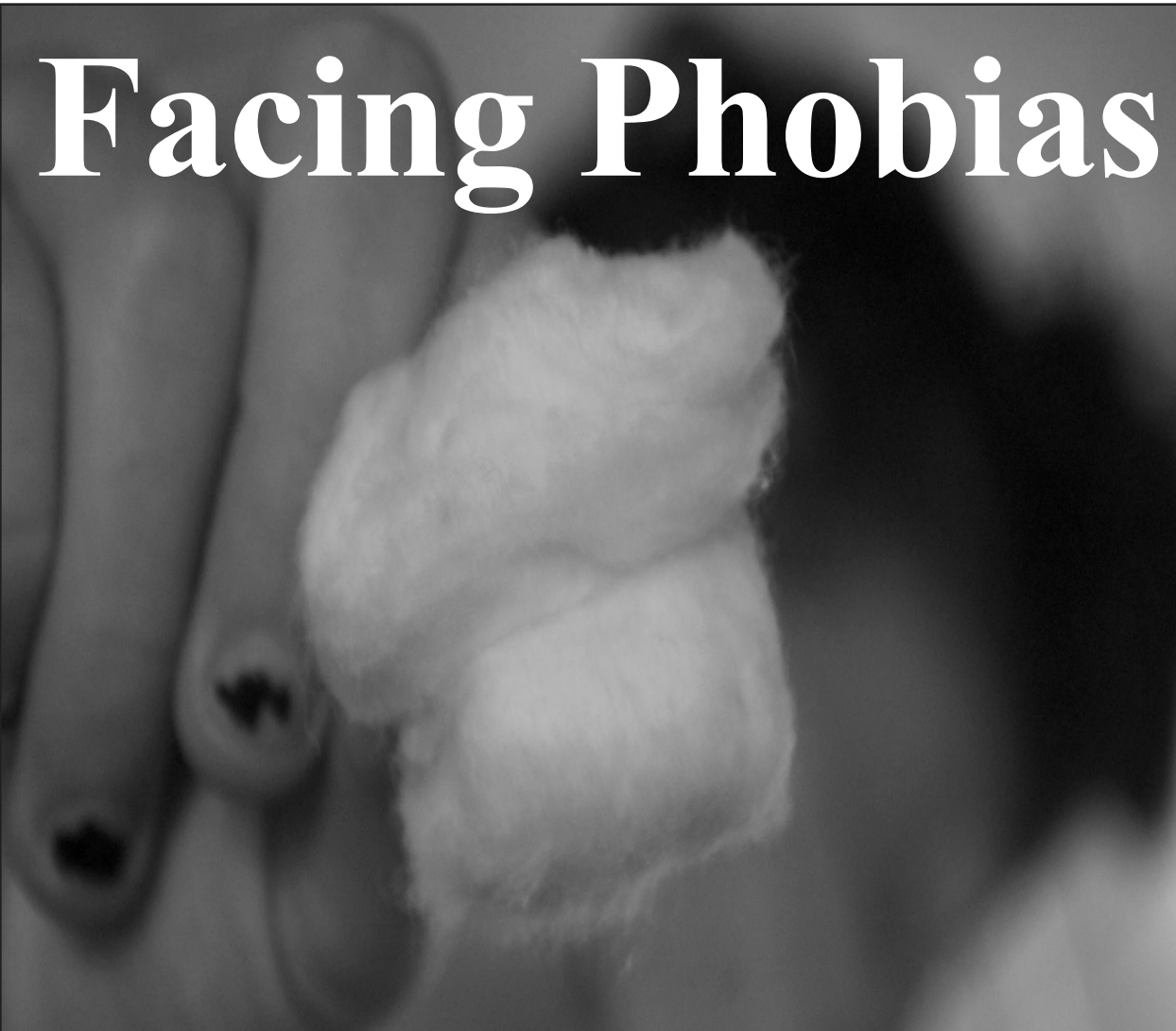
Some students say the system may still be flawed though.

"At my other school, they came in and tested the alarms" said Catherine Wielgasz, a junior and Audet House resident. "They should run a test before school starts and during breaks."

Wielgasz said three smoke detectors in her suite simultaneously went off two weeks ago.

And although some students worry about their safety when the detectors are taken for repair, Molinari said they shouldn't. The detectors that Public Safety removes for replacement are secondary systems, Molinari said.

"If your alarm goes off and we come and take your alarm, don't panic and think that you don't have a fire alarm or smoke head in your room because you actually do. We're still hard wired."



SARA NOVENSTERN/ SPARTAN CONTRIBUTOR

**Castleton students and faculty reveal their anxiety felt from phobias of common objects, like cotton.**

By Callie Ginter  
*Castleton Spartan*

Junior Chelsea Burke says she has been petrified of them since she was a child.

"Ten years maybe...really since I can remember," she said.

Using certain types of Q-tips, buying particular Advil bottles and asking doctors to use gauze instead to absorb the blood after a shot, have all become regular changes Burke has made in her life to compromise for her fear.

"I get anxious and nervous...just thinking about it in my head could make me throw up," she said.

Her phobia? Cotton balls.

According to the dictionary, a phobia is a persistent, irrational fear of a specific object, activity, or situation that leads to a compelling desire to avoid it.

But Burke isn't alone. According to the National Institute of Mental Health, more

than 10 million adults in the United States suffer from some type of phobia.

And Castleton College has plenty.

For sophomore Karsen Woods it's birds. For sophomore Rosie Burke, it's the sound of flushing toilets. Junior Josh Mannings hates snakes, and freshman Reba Miller can't stand feet.

Faculty and staff members aren't much different.

Administrative Assistant Shelby Phillips said being in crowds gives her anxiety, and Huden cashier Nancy Johnson is deathly afraid of frogs.

Psychology professor Terry Bergen tried to put it into perspective.

"A phobia involves two things ... it involves thoughts, and it involves feelings. And what has happened with a phobia is that the feelings are so powerful that they overwhelm the thoughts."

Bergen himself confessed to having his own phobia – of rum. It's also known as Cibophobia, which is a fear

of certain foods and drinks. It started in the Navy about 40 years ago, and has gotten better since.

"People get food phobias because they've had bad experiences with those foods, they've gotten sick. Almost invariably there's some pain that has been associated with those foods and certainly rum led to illness on my part a couple of times, and so now I am phobic for rum, which is a good thing really."

Junior Nate Marden has omphalophobia, the fear of belly buttons. Marden says his phobia started when he heard about a girl's bellybutton piercing getting ripped out.

He also hates his own belly button being touched.

"I get sick to my stomach! And I don't like touching other peoples either. They are gross," he said. "And outies are really creepy."

Marden may also have more of a biological reason to not like bellybuttons. Because his is exceptionally wide, it could be more sensitive to the

touch than others, suggested Bergen.

Marden also confessed that his mother has the same fear.

Fortunately, there is a solution, said Bergen.

Standard therapy for phobias is called systematic desensitization, which is a behavioral therapy. It was invented by Joseph Wolpe in the 1950s and has been used ever since.

"It has come to be viewed as the most effective psychological intervention that has been developed so far," said Bergen. It involves deep relaxation techniques and gets the patient to gradually become comfortable to their fear.

Burke hopes she will overcome her fear of fluffy, frightening cotton balls, especially because she is a nursing major.

"I can use gauze instead of cotton ... in exam rooms there is a big container of cotton and I just try not to look at it," said Burke.

# The nightly commute: Safe Ride a service for students



MATT LEVINS/CASTLETON SPARTAN

**A student climbs into Safe Ride as a free and safe way back to campus.**

By Jed Zawisza  
*Spartan Contributor*

It's a Saturday night and there are parties all over Lake Bomoseen. Taylor Rock, who's at one of them, realizes it's almost 2 a.m. He makes the decision to call Safe Ride so that he can go back to Wheeler to sleep in his bed.

Five minutes go by and Safe Ride appears outside of the party. Rock and a mob of drunk-

en students pour into the van. As they begin to drive, the student two seats over from Rock apologizes. Confused at first, Rock looks at the kid as he throws up all over the back of the van.

But it didn't cost him anything for the mess.

Contrary to popular belief among the students, there isn't a \$75 fine for throwing up in Safe Ride.

Safe Ride is in its 18th year of getting students home safely and is co-coordinated by

Colleen Kunz and Caitlin Ryan, two cross country runners. The two talked recently about ongoing issues involving the service including Safe Ride being followed by police.

"A lot of people have been moving their mouths about Safe Ride dropping people off at parties and that's the main thing we focus on them not doing," Kunz said.

And she believes that is why Castleton Police have been following Safe Ride – to find out where the parties are being held.

"I called the director of Public Safety and right away he called the Castleton P.D. and they cleared everything and no one was followed that next night," Ryan said, adding that it has been frustrating to hear of police targeting Safe Ride.

This year, Safe Ride has had no problem with finding drivers for the weekends like they had in the past, according to Kunz. Most of last year's drivers graduated, but Kunz said there have been plenty of replacements. That's not to say that help isn't needed, she added.

"We could always use more drivers," Kunz said.

And to make it more fun this year, the two coordinators have started a "Cash Cab" concept, based on an old show where people are picked up in a taxi and asked questions for cash prizes. The prize for the Safe Ride version isn't cash, but points to Fireside.

They've gotten many tweets from students about how great it's been going, they said. Safe Ride coordinators are in the process of set-

ting up a Twitter account and are beginning to use Facebook better to create more awareness about the program.

"It's not just a drunk bus. If you're walking and you don't feel safe, if you're cold, or if you don't want a diversion, give us a call," Ryan said.

They said they want the students to know that Safe Ride is there for really any situation.

"It makes us feel like we're doing something for campus," Ryan said.

But Kunz and Ryan said they feel students and administrators don't appreciate Safe Ride as much as they should.

"We wish the deans would acknowledge us more because we're doing our best to keep students safe. The cops are busting parties around 9 or 10, and that's when Safe Ride is beginning. The students just wander the streets looking for parties," Ryan said.

An occasional driver for Safe Ride, Charlie Wilson, shared his feelings about his experience from one Thursday night.

"It was kind of boring waiting for someone to call, but when they did, they pissed me off. It was mostly, because they didn't really know where they were going," Wilson said. "Most of them were too drunk to know where they live."

Vincent Guerrero, a sophomore, believes that Safe Ride benefits the students and the town.

Sophomore Chris Terry quickly interrupted with "Safe Ride is clutch as hell."



# Rock wall looks for revamp



ISAAC DEVOID / CASTLETON SPARTAN

**A lone climber scales the rock wall in the bottom of Castleton Hall.**

**By Isaac Devoid**

*Castleton Spartan*

Those in charge of the Castleton Rock Wall are looking to attract more students this year by improving many of the climbing routes and purchasing new equipment.

The wall boasts eight different climbing routes and a bouldering section to keep climbers happy.

On a recent day, junior Taylor Swarter was seen extending his body reaching his sweaty hands for the rock that seems out of reach. Straining, Swarter pulled himself to the top and conquered the wall.

Many Castleton students like Swarter enjoy climbing the wall, but are often climbing alone, in part because they feel that there is not enough awareness about it.

Sophomore Mychael McQuiggan has enjoyed climbing in the past, but said he is always hesitant when it comes time to climb.

“It’s hard to get information on the rock wall. You’ve gotten the email updates this year, which is nice, but the information just wasn’t there last year to set up a schedule to go climb,” he said.

President of the Rock wall Jacob Looman aims to raise awareness this year to fix that.

“We’ve been utilizing our Twitter account @CastletonRckWll to keep our followers updated with hours and promotions we are doing,” he said.

Looman feels this tactic has been working, as climbing atten-

dance has increased lately.

Rock wall staffers Tyler Smith and Caleb Fredette have also worked over the last

few weeks to alter many of the routes. Many climbers feel that the routes get old after a while and need to be switched to spark their interest.

They say the wall isn’t only fun, it is also a place to get a serious workout in.

Avid climber Cody Tilton enjoys the unique workout the wall offers.

“It’s a place to go relieve some stress, have some fun and get a good workout in other than the gym,” he said.

Rock wall overseer Steve Moffat said he feels the wall is springing back to life.

“The wall goes through cycles where it is used a lot and then not used much from year to year. I give the staff all the credit in the world for working hard and posting the hours,” he said.

Looman said he and the rest of his staff have what it takes to revamp the wall and provide a great experience for the student body.

“It’s a great place to build strength, and friendships,” he said.

## Finding friends on the road



**By Matt Trombley**

*Castleton Spartan*

Arrival time for college fair: 30 minutes early. I unpack my suitcase and set up my booth, when a woman from the booth next to mine leaned over and asked “how many travel seasons have you had?”

I was caught a little off guard but responded, “this is my first year,” and all she did was smile like she had a secret to tell.

The regional representative community is a rather strange one. When attending college fairs, there are many representatives trying to get students to think about their institutions. We are all working against each other, but it’s friendly competition.

The woman was representing Holyoke Community College and she told me her secret. “Never be the first to pack up and never be the last to leave.”

After her words of advice, other reps started opening up to me.

Amanda, from Bay Path University, was on the opposite side of my booth. She knew Chris Eder, the head alpine ski coach from when he was traveling counselor. She also knew Erica Machia and Katye Mungler, who both used to be traveling reps as well.

After talking with Amanda, I felt like I wasn’t so alone anymore. She explained that many reps will see each other over and over again at all these different fairs. Instead of working against each other, they make friendships and work with one another to help young students find the right school.

Once I knew I wasn’t alone anymore, I asked for some general advice.

“Always ask the oldest counselors where the best places to eat are.”

Surprisingly enough, Dunkin Donuts gets old pretty quickly, so this was actually great advice.

Although I am traveling by myself for the next seven weeks, I know I am not really alone. There is a community of representatives in the exact same boat as I am, and they have banded together. I have many more high school visits and college fairs ahead of me, but now that I stuck my foot in door of the college rep community, I’m looking to dive in completely.

The Holyoke Community College rep gave me one last word of advice that I will definitely follow. She said, “If I could become one food and then eat myself, it would be a New Jersey bagel, make sure to get one when your there.”

Don’t you worry. I will.



PROVIDED BY PHIL LAMY

**Students dance and party in Huden Dining Hall during a past Pub Night. Some argue the campus could use a permanent pub.**

## Could pub solve problems?

**By Spencer Dandurand**

*Castleton Spartan*

When imagining yourself sitting in a pub, soaking in the atmosphere, it is almost impossible not to feel a response from nearly all of your five senses. The ambience of such a place is genuine and rich.

You have the murmur of voices blending together in ongoing conversation over the sound of a familiar song or televised sporting event, the appetizing aroma of a pub burger drowning out the unfamiliar smells that permeate from strangers, and the transition of the ice cold beer from a cool glass to your salivating mouth. Of course, there are countless pubs that exist in this world that provide a less than stellar experience, but a well-run establishment holds the opportunity for a true human experience.

Many colleges and universities in America have pubs right on, or near campus that are directly affiliated with the school. It’s not only major Division 1 schools either, as Tufts, Vassar, and even Middlebury College have added school-affiliated pubs.

Castleton College has long flirted with the idea of an on-campus pub, holding numerous Pub Nights throughout the years.

When asked about the possibility of an on-campus pub, 21-year-old senior Daley Crowley echoed the cry of many

other-of-age Castleton students.

“I think it would be one of the smarter things Castleton could do. At this point, kids are just wandering around the streets and parties are getting busted and if there was a pub, or somewhere on campus or even near campus, kids would have a safe place where everyone could hang out.”

Students aren’t the only members of the college community who have been pushing for such a place. Phil Lamy, a sociology professor at Castleton, has long been an advocate for bringing the pub-like atmosphere to campus life.

“Wouldn’t it be cool to go back to the pub after a football game, see everybody, get a bight to eat, have a cold beer, enjoy each other’s company and then go home? All the while showing young people you can drink like adults,” Lamy said.

Drinking like adults is one of the unwritten staples of a college curriculum, and one that is often skipped over. In recent weeks, the Castleton community has been bombarded with alcohol-infused vandalism; behavior that he says would not be reflected in a pub environment.

“A pub on campus would be a way to control drinking behavior, a way to teach responsible drinking behavior. Have it out in the open and demonstrate to students that you can drink and be sociable without having to be drunk and obnoxious,” Lamy said.

Keith Molinari, the new director of Public Safety, has had his hands full with some of the irresponsible alcohol-related behavior from some of Castleton’s students. Despite the behavior from select individuals, Molinari believes that an on-campus pub could be an environment in which responsible consumption of alcohol occurs without a large need for surplus campus security.

“I would probably put an extra officer on, not necessarily for security but inherently there could be other issues. But I support it, I don’t think it’s a bad idea,” Molinari said.

The need for a place where students can go and practice responsible drinking is clear, but the idea of opening a permanent on-campus pub is one that holds a considerable amount of weight for a college or university to hold.

Jeff Weld, director of Marketing and Communication for the college, talked about the number “logistical hoops” the school would have to jump through in order make the pub a reality.

“I think that from a college standpoint, it’s not exactly where we see our funds best spent,” Weld said. “Promoting a pub night now and then is great and responsible drinking is certainly part of the college process, but I don’t see it being a priority of the college in terms of what we offer for student life.”

Weld said the harsh reality of funding is a vital part of this process.

Dennis Proulx, dean of Students, took a more business approach to the idea of a school-affiliated pub.

“The issue is you’re talking about establishing a business that can sustain itself. You need a business model that can pay the bills, or the college has to subsidize that,” Proulx said.

Although the reality of a permanent on-campus pub is one that is perhaps difficult to fathom at this point in time, Proulx is hoping that the Campus Activities Board will schedule some temporary “pub nights” allowing alcohol to be introduced on campus once again.

Campus Activities Board Director David Ievoli said plans are in the making for a few pub nights that will not only offer entertainment for 21-year olds, but students of all ages, given that only 19 percent of students at Castleton are of legal drinking age.

“Our hope is to benefit students of all ages. Specifically, we want to provide a place where kids can watch a sports game and enjoy drinks, alcoholic and non-alcohol as well as food,” Ievoli said.

“We would like to include CAB events with pub night and have poker tournaments, bingo, water pong tournaments, anything that will bring kids to late night events on campus,” Ievoli said. “The ideas are endless about what pub night can become.”

## Nursing students keeping kids warm

**By Sara Novenstern**

*Spartan Contributor*

Two years ago Castleton’s nursing student Gabriel Briggs was struck with an idea.

“I thought of it during lecture and we briefly discussed it. I brought it up at the next SNA meeting and contacted a few local elementary schools who put me in touch with Fair Haven Concerned,” Briggs said.

Her thought: help clothe needy kids this winter. Briggs, being a mother herself said “It pulled at my hearts strings” hearing that our kids don’t have warm clothes for the winter.

As a result, the second floor of Stafford now houses a donation box that has a lot more room for used coats, scarves, boots, gloves, hats and snow pants to give to area kids.

There will soon be more boxes on campus to reach out to more students and staff, Briggs said.

According to the 2015 edition of the Farmers’ Almanac and weather forecasters, the winter of 2014–15 will bring below-normal temperatures for about three-quarters of the nation, heightening the need.

Nursing department professors praised the work of Briggs and other students.

“It is a good community effort, and is much needed in our area,” said professor Marie McDuff.

The donation box started collecting on Sept. 9 and will be around until mid October.

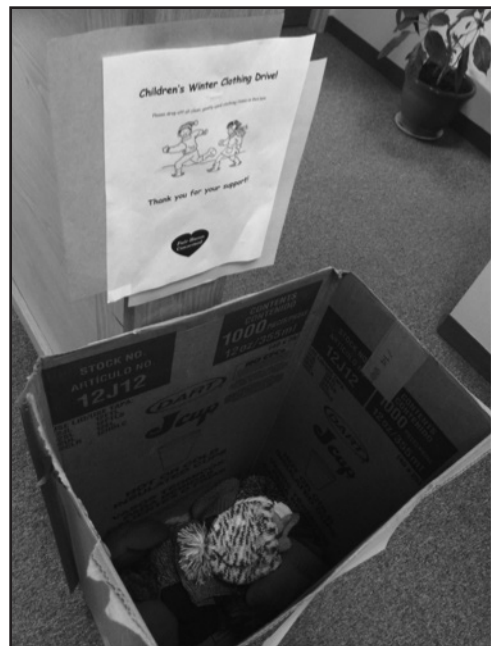
“The most satisfying piece is knowing that you are offering hope to children that may not understand or see where the hope could possibly be in difficult situations,” said Ashley Bride, director of the non-profit organization Fair Haven Concerned, which provides food and clothing to area needy.

Bride seemed filled with optimism and gratitude for the effort of the nursing students.

“It’s so gratifying to know that we are going to be able to offer a child some kind of warm pieces of clothing to go out to recess with ... If we look at the larger scale of things, I deal with people every day and deal with situations that I think to myself ‘wow I don’t know how they’re keeping their head above water, but they are.’”

This is the nursing program’s second year collecting clothing for needy kids.

“I am hoping to do more fund-raisers for similar causes in the future. This is just the beginning and I hope the rest of the school will pick up on helping the littlest members of our community,” Briggs said.



SARA NOVENSTERN / SPARTAN CONTRIBUTOR

**A clothing collection box is located upstairs in Stafford Academic Center.**



# Eric Mina’s hypnotist show leaves audience laughing



JIMMY BRITT / CASTLETON SPARTAN  
Castleton students are under the control of Eric Mina in the 1787 room.

By Callie Ginter  
*Castleton Spartan*

If you met Eric Mina for the first time, you’d think he was just an ordinary guy. He uses old spice deodorant, forgets where he parked his car, and has a tattoo on his back that represents his mother. But Mina has a couple tricks up his sleeve – literally. He graduated from Penn State University with a bachelor’s degree in psychology and became a certified hypnotherapist. He started out as a magician, but found hypnosis was more for him. Senior David levoli, director of campus activities, invited him back to Castleton after his show last semester because it was such a hit. “It was packed last show. He’s really good,” said levoli. Mina started the show with a trick that illustrated how powerful the mind is. He told everybody to make a circle

with their fingers, and hold it up against your chin, fooling everybody into touching their cheek instead simply because he did it too. “The body is a slave to the mind,” said Mina. He then invited 17 students to join him on stage for hypnosis, including Tony Sawyer and his unique mustache-handle septum ring, who Mina loved! “I wasn’t expecting that,” said Mina as he cracked up on stage. He then began his hypnosis by relaxing the students’ entire bodies, starting at the feet and ending with the head. Once everybody was hypnotized, including some students in the audience, he asked them to imagine they were part of an orchestra. Suddenly, students began to play their imaginary flutes and violins. Then he told them they were part of a rock n’ roll band, and their imaginary instruments changed to guitars and drums

and was accompanied by head banging. Mina performed more tricks including convincing the hypnotized that it was 125 degrees in the room, then below freezing. Students stripped their clothes off at first and then huddled for warmth as he changed the scenario. The crowd was in full force laughter when Mina put each individual student under different hypnosis. One girl was convinced her butt was being pinched while another got a bad case of the giggles every time Mina shook his hand. Sophomore Matthew Ocker was convinced his name was Tinkerbelle. “I just remember bits and pieces,” said Ocker. “I was on the edge about believing that kind of stuff before, but I do now!” During the show, sophomore Jared Ungar was cracking up. “This is great,” he said.

# Excellent cast makes up for simple set

By Catherine Twing  
*Castleton Spartan*

We all need something. For the character Buddy Layman in “The Diviners,” that something is a friend. Buddy lives in a small Indiana town where no one, especially his father, understands how to handle his special needs. Justin Gardner did an outstanding job playing Buddy last weekend as Castleton theater students put on the first production of the school year, directed by Steven Small. Gardner perfectly portrayed the innocence of someone with Buddy’s mental disabilities and his talented acting helped the other actors play their roles. In the opening sequence, the audience is told that Buddy is going to die. It is a simple, yet impactful scene where Dewey Maples, a farm hand played by Dalton-Jesse Cummins, and Basil Bennett, a doctor turned farmer played by Cameron Scully, stood on opposite sides of the stage with spotlights on each and gave their accounts of the day of Buddy’s death. Throughout the play, the audience can guess the likely cause of his death because of his extreme phobia of water and the fact that his mother drowned when he was a child.

Although the audience knows he will die, the audience still went silent when he actually does. C.C. Showers, an ex-preacher played by Michael Tuffy, arrives in town dressed in a suit and presents an interesting contrast to the small-town people. Tuffy’s character is just the friend Buddy needs. Each person in the town seems to be seeking something: whether that be love, religion, or freedom from itching. For Norma Henshaw, played by Hayley Ryan, that thing is a preacher. She has been praying for a preacher for years. Showers insists that he is not a preacher anymore, but Norma sees everything that happens as a blessing and continues with her theory that he is the preacher she has waited for. Christianity is a strong theme throughout the entire show. Norma wants more of it, C.C. wants less of it, and Buddy just wants to understand why Jesus had to take his mother. Ironically, Buddy drowns as the women are celebrating the baptism they erroneously think is happening. This was hands-down the best scene visually. As Buddy is drowning, everyone is in slow motion and the lights are

blue. For seconds at a time, the cast would move at full speed and speak to indicate that he was above water for a moment before going under once again. It was so creative and pulled the audience in so that they really experienced the intensity of the moment. The set was simple: a beige stage with a single stage block, also painted beige. The barren set represented the dry and monotonous Indiana town that the action of the play is occurring in. The simple set allowed the audience to focus on the action. The one thing the cast could have improved on is the intensity during the argument scenes. A few times, characters were having conflicts, but it came across as loud talking because the body language tension was not fully there. This is a cast of incredibly talented actors, however. With such a simple set, they had an opportunity to showcase their ability to convince the audience what is happening. They had no water, but the audience believed that it was raining. There was no river, but the audience believed that CC is swimming through it to save Buddy. Their accents and Midwest colloquialisms easily put the audience in quiet Zion, Indiana.



CHRISTOPHER WILLIAMS / CASTLETON SPARTAN  
Justin Gardner as Buddy Layman during a scene of “The Diviners” in Casella Theatre.

# Little Rock Pond, perfect spot for hikers



STANTI SCHONBACHLER / CASTLETON SPARTAN  
Beautiful views await hikers at Little Rock Pond.

By Stanti Schonbachler  
*Castleton Spartan*

If you are looking for an awesome day hike less than an hour from

campus, look no further. Little Rock Pond, located in the quaint little village of Mount Tabor, is the perfect destination. Situated along the Long Trail, Little Rock Pond is a pristine

mountain lake with crystal clear water nestled in the iconic Green Mountain Range. The hike is quick, easy, and relatively flat, with only 350 feet of elevation gain over two miles. The terrain is forgiving and is easy to navigate for trekkers of all ages. This hike is around four miles, round trip, and shouldn’t take more than 2 ½ hours complete. This picturesque pathway is part of both the Long Trail and the Appalachian Trail and is marked with the white trail markers of the Appalachian Trail. The lake has areas for camping and there is a caretaker there in the warmer months who maintains the trails, camping area, and surrounding forest. There is a \$5 overnight fee if you want to camp at the shelter and that money goes to the Green Mountain Club which maintains the Long Trail. This area is frequented by both day hikers and backpackers. While

it can seem busy at times, there is a certain sense of solitude in the woods and that sense isn’t lost on this hike. A friendly face is a warm reminder that you’re not alone out in the woods. The lake itself was created by glaciation from the last ice age and there are opportunities for swimming, fishing, and boating if you can make the two mile hike in with a canoe over your head. The water is clean, clear, free of pollution, and is perfect on a hot summer day. The western side of the lake features a large rock vista with incredible views of both the lake and the mountains to the east. Being part of the both the Long Trail and Appalachian Trail, more enterprising hikers can make the nine mile trek to White Rocks Mountain in Wallingford. The trip is around five hours and it would be a good idea to have a vehicle parked at the destination. The trail leads you

up a series of small mountains and they all contain incredible views of the surrounding terrain. Anyone who makes the hike within the next few weeks will be treated to some of the best foliage that southern Vermont has to offer. “It’s the perfect thing to do when you have a morning or afternoon free. It clears your head, a good workout both physically and mentally” said New Yorker Bridget Gormley, who vacations in Vermont to relieve the stress of the busy city. Directions to Little Rock Pond: Take Route 4 to Route 7 south Travel south down Route 7 for 27 miles to Mount Tabor Turn left (east) onto Forest Road 10 (Brooklyn Rd) Take Forest Rd 10 for 3.2 miles There will be a clearly marked parking area for the trail.

# Beyonce makes feminism mainstream

By Jorah McKinley  
*Castleton Spartan*

Fabulous. Hot. Talented. Diva. Queen. These are some of the words tossed around to describe Beyoncé. Guys want her. Girls want to be her. You hear the name; you think explosions of glitter, bedazzled leotards, and hair blowing in the wind. But do you think feminist? That is exactly how Beyoncé describes herself. She has been alluding to it in interviews and in songs for years. Critics have questioned her on it, but there is no longer any question. On Aug. 24 Queen B performed at the MTV Video Music awards where her declaration of her feminism could not be ignored. The word itself was plastered on the screens behind her in huge-glowing-capital letters. In the 24 hours after her performance, two-thirds of every tweet about feminism was also about her. Beyoncé just made feminism mainstream. The word is often associated with extreme behavior, man hating, and bra burning, not with glammed out diva’s shaking their booties in front of an audience of millions. Her idea of feminism is something people haven’t seen before. “Beyoncé’s brand of empowerment isn’t perfect, but her VMA performance on Sunday accomplished what activists could not: She took feminism to the masses,” wrote Jessica Bennett, a columnist for Time magazine, two days after Beyoncé’s perfor-

mance. Castleton junior Bryanna DuPont is another example of what you might call a ‘modern day’ feminist. “I guess I would classify myself as a feminist,” she said. “I support gender equality, but you probably wouldn’t find me at any sort of rally.” This idea of being a feminist without adhering to the extreme stereotypes associated with the word is exactly the idea leaders of the movement are trying to promote. It’s these women who Beyoncé’s message reaches most. But can a sexualized image of a woman and an image of a feminist go hand in hand? “I definitely think women can be sexy and feminist at the same time!” DuPont said. “Telling them they can’t be sexy is exactly the kind of idea and stereotype that feminists are trying to knock down.” In Bennett’s column, she quoted Jennifer Proznor, a writer and media critic. “Through her performance, millions of mainstream music fans are being challenged to think about feminism as something powerful, important, and yes, attractive,” Proznor said. Beyoncé even featured Nigerian feminist author Chimamanda Ngozi Adichie in her hit song, “Flawless.” Adichie gives a monologue in the song that clearly defines the concept. “Feminist,” Adichie said. “The person who believes in the social, political and economic equality of the sexes.”



JORAH MCKINLEY / CASTLETON SPARTAN  
Daley Crowley watches Beyonce’s VMA performance.



# Homecoming events give back



*Continued from Page 1*

Continuing into Sunday, the cross-country team sponsored their second annual color run to raise money for the Cystic Fibrosis Foundation. 70 runners dressed in white shirts and colorful shorts. They had a great time being covered in colors as they ran the 5K. Even the spectators got a little splash of color.

Melissa Crossman, head coach of the women's cross-country team, said the team usually does some sort of community service so in conjunction they chose to support research for cystic fibrosis.

"It's a high spirited, non-competitive run to celebrate homecoming weekend and have a little fun" Crossman said.

The event even attracted

runners from the community such as Cathy Sosaa's daughters, who attend Rutland middle and high school, were excited to participate.

"Both girls wanted to participate. They were very excited" Sosaa said.

Mother and daughter, Andrea and Hillary Ryan did the run together. Hillary wanted to last year, but was unable so this year they did it together.

"It's my first run ever," said Andrea Ryan before the run began. "It'll be fun."

While it was near impossible to attend every event, there was something to interest everyone and really bring out Spartan pride.

"There are things for little kids, alumni, adults; it's a weekend with something for everyone" Shannon said.

**By Dani Cioffi**  
*Spartan Contributor*

A Castleton College worker is bringing the old St. Mark's Church at the intersection of Main and Seminary streets back to life as his future home.

MacArthur Stine, 35, director of technical services at the Fine Arts Center, bought the former church in August.

"It looked like a neat building and I don't want to wake up early," said Stine, who currently lives in Fair Haven with his dog, Sue Bear. "I wanted to own something. Let's see if that plans out."

A slate walkway leads to the church, with its moss-covered roof and exterior in need of some fresh paint. Five trees block the sun from gleaming on the perfect stained glass of its windows.

He has been working on the church nights and weekends and has been calling in a lot of favors for help. His mother, Betsy Stine, has been helping him spruce up the building, inside and out.

"Today I had a different job, but come back when it is finished," she said, before resuming vacuuming the

church.

Stine plans to live in the church with his trusty American golden retriever. He said the place is modernized but he'll need to do some electrical work to make it more like a house.

Upon entering the old church, the smell of decades old wood still fills the air. The stain on the wood of the alter shines like it was applied yesterday. The architecture of the chapel is in great condition and the old stained glass is in beautiful condition, except for one.

"It was pretty empty. A few flagpoles, an old instruction manual for services and candlesticks," he said. "It is structurally great, bones are fine, and right now just needs a new paint job."

The basement holds Stine's purchases from yard sales, a beat up dresser that needs a new coat, a tennis ball and several pieces of wood that lean up against the walls. Stine said he finally has a place to hoard his stuff.

An older woman walking past the Castleton library seemed to reminisce a little when asked about it coming back to life as a home.

"Sad to see it's closing, but people can do what they



DANI CIOFFI/SPARTAN CONTRIBUTOR

**MacArthur Stine plans to make the old St. Mark's church his new home.**

want with their property," said the woman, who declined to give her name.

Stine is planning to keep the church white, but said he may add some green trim. The stained glass is staying too, he said.

"Just trying to breathe a

little life into it," said Stine. "I am getting half done this fall and waiting on funds to finish the rest."

Stine hopes to move into the church in summer 2015.

# San Juan River views are “magical”



JESSY BONO / SPARTAN CONTRIBUTOR

**The San Juan river was paddled by Castleton students studying in Santa Fe, N.M.**

**By Abi Foster**  
*Castleton Spartan*

Not many people get to experience the silence and natural beauty of the San Juan River

while traveling down its muddy water.

The San Juan is marked by its towering, sandstone canyons and clay-filled water, but there is more to this river than just the abstract landscapes that pass travelers by as they relax on its warm, chocolate-colored water.

The history of this river is powerful in itself.

About 1,000 years ago, Ancestral Puebloans inhabited this land and called it their home. They were able to leave behind their footprints through cliff art, petroglyphs, which line the river's walls telling stories of the past. It is no wonder why almost 10,000 people travel down the river in a season.

River dwellers are drawn to the San Juan for the visual pleasures, wildlife and adventure it brings to the Colorado Plateau.

"The Colorado Plateau is magical," said river guide Greg Skomp, from Denver, Colo. "I have backpacked through Southern Utah and traveled down many rivers, but this one has such great challenges and the scenery is breathtaking."

Skomp, normally a canoer, is in his 13th season going down rivers. He explained how the season is normally from May to October because it becomes too cold in the winter months to be on the water.

"One of the more interesting things I have learned about the San Juan River," Skomp said, "is that 30 to 40 percent of silt in Lake Powell comes from the San Juan."

The sand and clay that layers the floor of the San Juan is what gives this river its chocolate color throughout its 383-mile stretch through the Colorado Plateau.

The colors range from off-white to deep-reds in the sandstone canyon walls that surround your raft.

Theresa Butler, from Moab, Utah has been a river guide for 21 seasons. She found refuge in the water when her car broke down next to a River Camp and she decided to become a swamper, a person who works for free, in return for a place to stay. Soon enough she fell in love with the river – and she stayed.

Butler said she loves the challenges the San Juan brings.

"There is always a new challenge; whether it be the level of the water, the environment or the

time of year, this river always bears a new challenge," Butler said.

After being a guide 21 seasons, Butler started her own rafting company stationed out of Moab, Utah. When asked what drew her to the San Juan her answer was almost immediate.

"In one word, its beauty, but you have to want to be here," she said.

Luckily the students from Castleton doing a semester in the Southwest were able to experience what Butler was saying. They traveled down the river on a three-day, two-night stay with Butler's Moab Rafting and Canoe Company.

"Being on the river was a trip of a lifetime," student Jessy Bono said. "After experiencing sleeping under the stars, rafting down the San Juan in a duckie, getting stuck on a rock in level 3 rapids, using a groover, and climbing up canyon walls, I can say this has been one of the best weeks ever."



JESSY BONO / SPARTAN CONTRIBUTOR

**Cliff art tells stories of the past along the river's walls.**

# Greatful for extended family

*Continued from Page 1*

Irwin found herself surrounded by friends that cared for her and she joined the Al-phas Theatre Institution, an honors society for college students at Castleton.

"It was something fun to do even in the midst of sadness. It doesn't really go away," Irwin said.

Castleton President Dave Wolk echoed their comments that being at Castleton can perhaps actually ease the pain a little.

"College can help because you have the warm embrace of a loving family. And that might include a student's friends, suitemates, advisor, coaches, teammates, professors, student life. I think you have a built-in network, kind of like a safety net," he said.

When a parent dies, the school is notified. Depending on the circumstances – whether or not the student was expecting it, or whether it was violent – all contribute to how the student is approached

said Dean of Students Dennis Proulx.

Public Safety officers or Proulx are the first notified. Depending on what time of death or where the student lives also factors into play. An off-campus student would be notified by the local police. A student living on campus, depending on what time of day, could be notified by a friendly face from student life or a Public Safety officer.

"They are very difficult phone calls. As a professional, I have to deliver a lot of bad news. It is very hard, my heart breaks every time," said Proulx.

And as difficult as being the one to lose a parent too soon can be, Harnett said she had been able to reflect and focus on the good time she had with her dad.

"I've met people who have lost parents at younger ages than I have and you learn every day, you had them for as long as you did. They teach me just be grateful," she said.

# Library locks doors to save money

**By Jimmy Britt**  
*Castleton Spartan*

Did you formerly use the back door of the Calvin Coolidge Library to get to the Stafford Academic building? Well you can't anymore.

The back entry is now chained off with a sign that reads, "This door is closed due to budgetary/work-study restrictions, this door will no longer be available for through traffic, please us the library entrance. Sorry for the inconvenience."

"The mandatory 45-cent minimum wage increase that takes action in January and about a 3 percent reduction in overall dollars," answered Access Services Librarian Ginger Johnston when asked why the door was locked.

Johnston said the \$11,000 yearly expense to have someone monitor the entrance needed to be cut to not only to save money, but also to keep other work-study other positions. Because of the cuts, the number of library work-study positions has reduced from 24 to 20.

Karen Sanborn, head of the Media Center on campus, talked about how here's less traffic between the library and Stafford since the door has been locked, but she said people looking for the Media Center are finding it.

She and co-worker Sarah Chambers are only allowed to use the back door for when they are on call for the library or to access the media room in the back of the library.



JIMMY BRITT/CASTLETON SPARTAN

**No longer can students pass through this door connecting the library to Stafford Academic Center.**

"It's more isolating. Not as connected as before, but I'm not complaining," Chambers said.

Students had mixed reactions about the change.

"I didn't even know that the back door was there," said sophomore Alex Guyette, a library work-study student, with a shrug.

"It's a waste that the buildings were even connected just to have it closed," said senior Brian Dawicki.

But some students had stronger opinions.

"It's more convenient to have it open. I don't think that people would take books out without checking them out and the work-study probably couldn't stop it anyway," said junior Angus Gluck.

"It sucks because of my work-study, but it was kind of pointless," stated library work-study senior Amanda Tracy.



# Spartans defense strong, sit at 3-0 in conference play

**By Spencer Dandurand**  
*Castleton contributor*

The Castleton State College women’s soccer team remained perfect in conference play as they picked up wins over Thomas and Maine Farmington this past weekend.

The Spartans silenced the offense of both opponents, allowing 0 goals in 180 minutes of play.

On Saturday, Castleton made light work of the Terriers from Thomas College. The Spartans picked up first-half goals from sophomore Dominique Valancius and freshman Marissa Benson to set the tone early. Benson’s finish will prove to be a memorable one as she notched her first collegiate goal.

In the 61st minute, sophomore Jess Phillips put the dagger in the opponent with a rocket of a goal from

20 yards out. The Spartans went on to pick up a 3-0 win while outshooting Thomas 36-3 in the process.

One goal was all the Spartans needed on Sunday, as a Sarah Carlson strike proved to be the difference in Castleton’s 1-0 win over Maine Farmington. Carlson, a freshman, has been a standout performer for the Spartan offense this season, scoring 5 goals already.

“It feels pretty awesome I guess, scoring the game winning goal,” Carlson said with a humble smile on her face.

Carlson was undoubtedly excited to get the goal, but she was quick to credit her goalkeeper Jess Binkowski for her hard work in net over the weekend.

“Jess was amazing. Two shutouts this weekend, that’s pretty good,” Carlson said.

Binkowski picked up six saves

en route to her two shutouts over the weekend.

“It felt great to not have any goals scored on us and to hold our own defensively and prove that we can compete and excel in our conference,” Binkowski said.

Binkowski credited her defense for their communication and confidence throughout the game.

Head coach Chris Chapdelaine saw room for improvement in his team’s play, but was happy with their ability to defend in tough games.

“I think the thing we took from this is that we’re confident we can defend. Playing those tough teams earlier in the year you learn whether you can defend or not, and right now our girls are confident in protecting a 1-0 lead. They’re confident in our goalkeeper and they’re confident in their ability to not give up a goal,” Chapdelaine said.



CHRISTOPHER WILLIAMS/CASTLETON SPARTAN

**The Thomas College goalie can’t stop this Spartans shot. The Spartans won 3-0.**

The Spartans are now 3-0 in conference play as they head into a rematch of last year’s NAC championship at Colby-Sawyer next Saturday at 3:30pm.



CHRISTOPHER WILLIAMS/CASTLETON SPARTAN

**Castleton’s Spencer Dandurand celebrates with his team after his goal against Thomas College Saturday afternoon.**

# Spartans draw 1-1 with Terriers

**by Mike Davis**  
*Castleton contributor*

Just when the Thomas Terriers were going to walk out of Spartan Stadium with the win on Saturday afternoon, in similar fashion to how the season ended for Castleton last year, in defeat, leading scorer Spencer Dandurand, wasn’t going to let that happen if he had anything to do about it.

Instead of losing 1 to nil, Bryce Kaler had other ideas when he was able to deliver a strike to Dandurand who would eventually sink the ball in the back of the net to tie the game at 1-1.

The game was very intense right



CHRISTOPHER WILLIAMS/CASTLETON SPARTAN

**Dameon Young bicycle kicks a ball during a game against Thomas College.**

from the get-go and the Spartan goalie Dan Palker would be tested early, but managed to make a few nice

saves to keep the Terriers in check.

After the break, Thomas would immediately get on the scoreboard

thanks to a crisp pass from Dakota Duplisse to London Steede-Jackson just four minutes into the second half that would put the (4-2-1) Terriers ahead.

The Spartans nearly answered right back with a goal of their own from Dandurand, but instead the ball was cleared by Thomas. And in the 62nd minute, the Spartans would Gin try to answer but only to be denied yet again.

Finally just nine minutes later (2-4-1) Castleton would finally get the break they needed when Bryce Kaler set up Dandurand who would score his fifth goal of the year to tie the game 1-1.

“I saw Dameon (Young) checking in with space and Spencer running

behind him toward the goal and I knew it would be a great opportunity on goal for us,” Kaler said.

The game would continue to be competitive during the two overtime periods but both teams’ ball pressure defense was too much to handle.

Thomas Terriers would find themselves leaving with a 1-1 draw, which puts them at (4-2-1) and Castleton at (2-4-1).

The Spartans are all too familiar with Thomas, a team in which they defeated during last year’s regular season but failed to beat in the post season at Spartan Stadium last fall.

Castleton will look to learn from this 1-1 draw that they can take with them into Sunday’s game.

# Field hockey team loses tough NAC opener

**By Andrew Cremins**  
*Castleton Spartan*

The sun beat on the Spartan logo in Spartan Stadium last Saturday like Mohammed Ali on Joe Frasier, as Castleton State College field hockey hosted Main-Farmington in their conference opener.

The Spartans came out of the gates aggressive, but it was the Beavers who struck gold first with a trickler that slowly made it over the stick of the Spartan goalkeeper.

Castleton struggled throughout the day to clear the ball from its defensive zone and at times looked indecisive, which ended up costing them some goals.

“We were adjusting to a new formation we put in Wednesday. Still learning it,” said senior defensemen Karissa McCoy.

Maine-Farmington would capitalize again on a costly turnover by Castleton putting them in a 0-2 hole.

When the Spartans did clear the defensive zone cleanly, they set themselves up with good scoring chances in the offensive zone, but couldn’t find twine.

When a group of players in front of the Beaver’s goal were hacking for the ball, it rebound-

ed off defenders three times before the Spartans broke the ice with their first goal on the third try.

A few minutes later, Castleton would send a ball across the middle of Main-Farmington’s goal, where Anna-Michelle Fabian’s stick tipped it into the net tying the game 2-2. It stayed that way going into the half.

The Spartans once again came out aggressive at the start of the second half like they did the first, but this time they had better luck.

A few minutes in, Leah Holland scored on a second-chance rebound after a shot and gave her team the 3-2 lead.

Momentum had clearly shifted.

During an aggressive play by abian in front of the Beaver’s goal, she got taken down hard and was rewarded a penalty stroke that Kristy Pinkham netted in the top left corner, giving the Spartans a 4-2 lead.

Despite the momentum swing in Castleton’s favor, the Beavers managed to claw back with two consecutive goals tying it up at 4-4.

Spartan goalie Jess Galatiato saved a penalty stroke with roughly 20 minutes left in the game after she had fell on it in desperation.

The game would finally be decided when a penalty cross by the Beavers deflected off a stick up over the heads of everyone, including



CHRISTOPHER WILLIAMS/CASTLETON SPARTAN

**Castleton’s Hayley Spittle moves the ball downfield against a Maine-Farmington defender.**

Galatiato, into the net for the eventual game winning goal.

Though it was a tough one to lose, McCoy, said there were improvements made.

“We’re definitely getting better and definitely better than last game,” McCoy said.

McCoy weighed in on what the team needs to do for success in the near future.

“We need to play a full 70 minutes and when we’re going up, we need to stay up,” McCoy said.

The Spartans fall to 0-6 overall and 0-1 in conference. They will travel to play Husson University on Oct 7.

# Volleyball gets little rest with long string of games



COURTNEY PICONE/CASTLEON CONTRIBUTOR

**Kaylee Pratt and Cassidy Tedeschi elevate to make a play on the ball in mid-air during a match.**

**By Derek Fallon**  
*Castleton contributor*

The Spartans volleyball team was back on the court this week with the matches against, Southern Vermont, Lyndon State, Green Mountain, Elms, and Rhode Island College.

They kicked off their week with matches against Southern Vermont and Lyndon State for Homecoming Weekend. The Spartans lost their opening match to Southern Vermont 3-1 but rallied in the second match and dominated the Hornets of Lyndon in straight sets 3-0.

Brittany Brayman led the offense with 13 kills.

“The girls worked hard and we are working to get better,”

said sophomore Brittany Brayman.

The Spartans kept that momentum going into their match against Green Mountain College with an impressive straight set win 3-0. The Spartans were led by great defensive play by Kristi Lawless and Brayman.

“We played well all game and that’s exactly what we needed before we start conference play, said coach Nicole Kondziela.

Unfortunately their luck ran out when they dropped their last two matches to Elms 3-1 and Rhode Island College 3-0.

The Spartans next home game is Oct. 15 against SUNY Cobleskill.



# Spartans run to seventh place finish

By Kaylee Pratt  
Castleton Spartan

Although the heat was a huge factor at the Codfish Bowl in Boston, Mass. on Saturday, the Castleton men’s cross-country team was able to pull off a seventh place finish.

“It was the most difficult race I have ever run,” said Freshman Grandon Smith. “It was extremely difficult and very hot.”

Smith has been named NAC Rookie of the Week three weeks in a row and is showing no signs of slowing down.

“I’m feeling pretty good. We have a really solid 1,2,3 pack,” he said of himself and teammates Ben Girard and Jonah Lavigne.

With only two more races left before the NAC Championships, the men are really buckling down.

“I’m hoping everyone will stay focused and keep their eye on the prize,” Girard said.

Head Coach John Klein talked about how there were a lot of Division 1 and 2 runners in the field on Saturday and how Girard and Smith placed 40 and 41 among them, which he said was really good.

“We’ve been working on keeping pace and kicking it in at the end and I think everyone picked it up at the end,” Klein said.

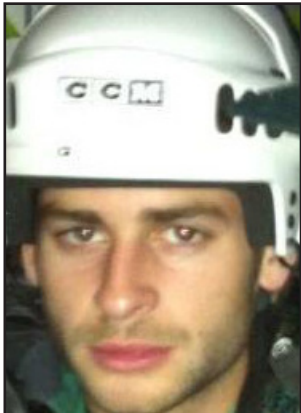
Girard and Smith were neck and neck as always battling all the way to the finish line until Girard barely pulled ahead, finishing in 40th place with a time of 28:40. One second behind was Smith.

“I have really high hopes for us as a team and I think we’ve come along way and we have a lot of improvements to make,” Girard said.

The Spartans will race again next



MAGGIE KLEIN/SPARTAN CONTRIBUTOR  
**Grandon Smith races to a 41st finish at the Codfish Bowl.**



## Sports Talk

with Spencer Dandurand

I hate the New York Yankees. I hate their uniforms. I hate their stadium. I hate their culture. And I pretty much hate every single player on their team.

As a Red Sox fan, it is essential that you hate the Yankees, as much, if not more than you love the Red Sox. As the Yankees have cycled through players, my hate for professional baseball players wearing pinstripes has cycled as well. With one exception: Derek Jeter.

Derek Jeter has been a member of the New York Yankees since 1994. In 1994, I was a 3 year-old, snotty-nosed toddler running around in whatever Red Sox apparel my parents put me in. I probably didn’t hate many things, aside from vegetables or nap time.

As the years passed, my love for the Red Sox grew simultaneously with my hate for the Yankees. But as I started to understand more about the game of baseball, #2 on the Yankees became more of a symbol of respect than hate. He was a role model, a hard worker, and a damn good baseball player.

When Jeter stepped to the plate for his last at-bat at Yankee Stadium, the game was on the line. In the 9<sup>th</sup> inning with a runner on second base, the stage was set for a man often referred to as “Captain Clutch.” As he had done so many times, Jeter jumped on a first-pitch fastball and drove it into right field to drive in the winning run. Captain Clutch had done it again.

The swing behind this hit, however, held much more weight than any of the swings that led to Jeter’s 3,463 career hits. It was a swing that closed the pages ever so perfectly on a legendary story that will undoubtedly be told within the walls of the Baseball Hall of Fame.

My hatred toward the New York Yankees may even triumph my love for the Boston Red Sox, but my respect for Derek Jeter goes far beyond this rivalry. It goes beyond the game of baseball. And for that, I tip my hat for #2 in the pinstripes.

# Football team improves to 2-1



COURTEST PHOTO/MORGAN FRANCHINA  
**Eric Mimnaugh dives after Alfred State running back Rasheed Williams to help lift the Spartans to a 36-23 victory Saturday.**

By Derek Fallon  
Castleton Spartan

The Spartans were back in action Saturday Sept. 27 against Alfred State College looking to rebound after a blowout Homecoming Weekend lose to RPI 41-13 – and rebound they did.

The Spartans broke the ice first, with a 38-yard touchdown run by Kevin Alberque to make it 6-0. Alberque led the Spartans offense with 316 all-purpose yards and two touchdowns helping them capture their second win of the season by beating the Pioneers 36-23.

“We were able to put last week behind us this week at practice. We worked really hard this week and the coaches really got us prepared for our oppo-

nent,” said quarterback Tyler Higley.

With three minutes to go in the first half, Pioneer tailback Rasheed Williams took off on a 99-yard touchdown run to give the Pioneers the 13-6 lead. Bur the Spartans would add a touchdown late and the Pioneers tacked on a field goal making the score 16-13 at the half.

The Spartans came out strong in the second half with touchdowns from Tyler Combs and Makai Hawkins. Defensive back Derek McAdoo also had a touchdown in the game, when he ran an interception back 33 yards.

“The kids showed a lot of resilience during the game,” said coach Tony Volpone. “It went back and fourth all game. We kept our focus in all phases, both offense and defense, so we were able to pick up the

win.”

It was a different story a week earlier at home against RPI.

The Spartans offense struggled against RPIs defense, gaining only 269 total offensive yards. The team showed some life in the second half, with an interception by Joe DeAlesandro and a couple forced fumbles by the Castleton special teams and defense.

“We came out swinging and we fought hard all game, but we just came up short,” Alberque said after that game. “We are going to get back to the play book and get back to work tomorrow.”

The Spartans next home game is Oct. 11 at 1 against Ann Maria.

# Golfers grab victory at Jay Peak



COURTESY PHOTO  
**Cameron Fitzgerald follows through off the tees in preparation for the Jay Peak invaitational.**

By Mike Ruggiero  
Castleton contributor

The men’s golf team had a successful weekend this weekend at the Lou Jarvis Invitational at Jay Peak golf course.

After two weekends in a row finishing second, the team was finally able to pull out its first team victory.

As well as finishing first as a team, Zach Temple took an individual first place victory. After shooting plus seven on the first four holes of competition, Temple hit his stride finishing the day with 7 birdies and a score of 76 to finish the round.

I asked Zach about what how he was feeling going into this weekend and how himself and

the team prepared.

“The team felt very confident going into this weekend,” he told me, “Coach had us doing a lot of work around the green this week, chipping and putting which led to a lot of our birdies.”

When asked about how he felt about the round Zach said he and the team had a lot of confidence going into this weekend after practice all week.

Coach kept the team focused on chipping and putting, which Temple attributed to his and the teams success.

The team’s next tournament is this Tuesday competing in the Westfield State Invitational.

# Lady spartans finish 11th at Codfish Bowl

By Kaylee Pratt  
Castleton Spartan

Another young Castleton College athlete is looking to make a lasting impression on the women’s cross-country team – and she’s doing it.

Freshman Elizabeth Bassette has been the top Spartan finisher in every race she’s competed and has earned NAC Rookie of the Week honors for two weeks straight.

Although she’s more than happy with these results, she said she is looking to keep improving her times.

After the Codfish Bowl on

Saturday, Bassette placed 26th overall with a time of 20:25. She said she was feeling really good about the effort.

“It felt unreasonably easy,” she said, adding that she didn’t want to start too fast like she did at Dartmouth.

“I just took it easy and got faster,” Bassette said.

Shelly Audette, who was the other top finisher for the Spartans, came in 66th place this weekend with a time of 22:41. She too has a very positive outlook going forward.

“I’m hoping to keep getting faster and I’m hoping I don’t peak too soon,” Audette said.

Overall, Audette said the

team is looking very good and everyone is continuing to show improvement.

The women managed to notch an 11th place finish Saturday and Coach Melissa Crossman is psyched with their performance.

“We like traveling to Boston. It’s a great race course,” said Crossman. “The pressure was there to perform and I think we rose to the occasion and did well.”

They will snap back into action next weekend in Randolph Vt., at the Vermont State Meet. Start time will be right before the men’s team at 11 p.m.



GEORGE FORBES/CASTLETON SPARTAN  
**Elizabeth Bassette races to another impressive finish at the Codfish Bowl finishing 26th overall.**



## International initiatives thrive at the Castle

By Justin Hepburn  
*Spartan Contributor*

Even from the top row of Spartan Stadium, Tatenda Shumba's flashy Mohawk and distinctive ball handling skills make him stand out. Shumba's contradicting small size and strength on the ball would perplex a physicist, his fortune on the pitch would surprise a mystic, and his laugh might get the attention of a wild chimpanzee. Shumba, also known as "Ten-Ten," is a freshman soccer player from Zimbabwe. He is one of 35 international students on the Castleton State College campus, and he's happy to be here saying the atmosphere is a comfortable one.

"I like it here. The students and teachers are very helpful and can understand people's problems," he said. But the one thing the campus can improve on: "More activities for students to interact and get to know each other," Shumba said.

President Dave Wolk intends to bring international students like Shumba into the CSC community, enriching the campus experience for everyone. "The vision from the beginning was to help diversify our campus. We're a predominately white campus and in the future I'm hoping that we are able to appreciate the beauty of diversity," Wolk said.

Wolk emphasizes the importance of creating a campus environment that will be welcoming and comfortable to a wide range of cultural backgrounds.

Ana Alexander, a professor in the foreign language department, couldn't agree more.

"International students bring a completely different background to the campus, and they certainly will enrich it," Alexander said. "They will show our USA students that traveling abroad and studying abroad is a reality and we can make this happen. We can have a nice exchange of cul-

tures."

Associate Academic dean Yasmine Zeisler said the school hopes to attract several international students from different parts of the world, but recognizes the importance of having several students from the same culture attend Castleton.

"When you meet just one person from a culture, everything you learn about that culture through that one person can be like tunnel vision. The benefit of having not just one person from Sweden but 10 people from Sweden is that you start to get more of a perspective, and I think that that's really healthy," she said.

Zeisler feels it is important for U.S. students to take the initiative in learning and understanding various cultures through courses including "... A roots class, Intro to Global Studies, Anthropology courses, Arabic courses, or even a Chinese course." In doing so, students have the capacity to gain empathy for incoming international students, Zeisler said.



CHRISTOPHER WILLIAMS/CASTLETON SPARTAN  
**Zimbabwean, Tatenda Shumbo runs down the competition.**

Zeisler added that the next step for students is to, "Not be afraid of tackling really uncomfortable subjects."

"There are billions of people who live on this planet and we're not all going to get along all the time; we

have stereotypes about each other ... It's not until you start getting comfortable talking about it, when you start to say, 'oh, well what was really underneath that?'" Zeisler said.

*Continued on Page 6*

## Fall Fest set to color campus

By Kaylee Pratt  
*Castleton Spartan*

Castleton students may soon find themselves running from zombies, singing along to haunted hits, scavenging for pumpkins, sporting crazy costumes and eating glowing cotton candy.

Various Halloween-themed events will begin on campus from Oct. 30 through Oct. 31, as Castleton's Residence Life Department will be hosting Fall Fest for the third consecutive year.

"We want to create a programming brand on campus so students know that we may have to make difficult decisions in the residence halls about alcohol and other activities, but we want to show them we are more than just enforcement on campus," said Director of Residence Life Mike Robilotto.

He's not the only one with high hopes for these programs.

"I want them to remember the exciting programs Residence Life and Campus Activities Board have put on," said Area Coordinator Shaun Williams. "I hope for them to meet new people and create lasting memories that they can share with each other."

At 4 p.m. on Oct. 30, students will register for the zombie run which will kick off at 5 p.m. Participants will be running from zombies while also keeping a look out for hidden prizes around the marked course on campus.

Later on, Haunted Hits Karaoke will be playing in Fireside, which will include pub night as well as prizes. The spotlight will be on Kowboys Karaoke featuring Richard Rooks, who will transform the entire room into a karaoke club type atmosphere with all sorts of tunes filling the air.

"This is a karaoke night done right," said Area Coordinator Kevin Kareckas. "Karaoke is a blast and I'm excited to have Castleton students see an environment where karaoke is done right."

The events will carry over into Friday when a pumpkin hunt will jumpstart the day's events, beginning at 10 a.m. and going until 4 p.m. Prizes will be distributed according to the number on your pumpkin.

*Continued on Page 6*

## Pencils down, weights up

By Molly DeMellier  
*Castleton Spartan*

As with every graduation, for the Class of 2014 closing their books also brought an end to taking advantage of Huden's buffet, late night Fireside indulgences, and Fishtail dollar draft beers.

However, for Ben Pearce and Sarah Alexander, recent additions to the Castleton alumni community, graduation opened the door to a summer of extreme lifestyle and physical transformations. After four months of intense dieting and weight training, the two took to the stage this fall to compete in a series of body competitions in the New England area.

"Going to the gym and working out is the easy part. Sticking to your strict diet is the hard part," said Pearce.

Alexander agreed with Pearce in the test of mental strength and self-control that comes with extreme dieting.

"I still crave foods that I shouldn't eat during competition prep- like right now I would really love some fresh bread and Nutella," she said. "The reward for me is the outcome of the show."

Pearce made his debut as an amateur on Sept. 13 at the Boston Battle of the Naturals, where he clinched second place. A few weeks later, he returned to the stage in Biddeford, Maine, where he scored high enough to receive his professional status. Most recently in Cape Cod, he took fifth place in his first professional show.

Alexander has been in one competition to date and said she chooses to enter in the bikini portion of the event. She said the bikini category calls for a more feminine look and more natural posing than female bodybuilding and figure competitions.

"The competition atmosphere is full of spray tanned muscled bodies and full of stage make-up," she said.

The two agreed the most difficult part of the process was not standing on stage nearly naked to be judged by a panel of strangers, but rather the last few weeks leading up to that moment of their first show.

"The diet was starting to become almost unbearable," said Pearce. "What made it even more difficult was not really knowing what I was doing it for."

Leading up to his first show, Pearce said his mind was flooded with uncertainties. His good friends and supporters throughout the process, Cameron Maurer and Isaac Bashaw, attested to the mental pressures Pearce faced throughout the process.

"He gradually gets quieter and it was very intense



**Recent alumni Ben Pearce and Sarah Alexander are caught by the camera as they pose for the judges.**

toward the end," Bashaw said.

Maurer and Bashaw joked about Pearce's vicarious indulgences of foods he craved. The pair said Pearce once took his younger brother, Luke, to three different McDonald's in one day to watch him eat. Bashaw said he once sent Pearce a Snapchat of cupcakes and received an infuriated response.

"Do I ever want to compete again? Why am I doing this to myself? Is it really worth it?" Are just some of the questions I was asking myself everyday," said Pearce. "All of these questions vanished the second I



COURTESY PHOTOS

stepped on stage."

Pearce said he immediately became addicted to the rush of being in the spotlight.

"Not only did I show up in good condition, but I had a hell of cheering squad in the stands that would go nuts after every time I hit a pose," he said.

Dressed in matching black and neon green Team Fearce shirts, Maurer and Bashaw were in the crowd among Pearce's followers.

*Continued on Page 6*

## Campus celebrates National Coming Out Day

By Courtney Picone  
*Castleton Spartan*

Castleton's 1 in 10 Club celebrated National Coming Out Day on Oct. 11 with laughter, hugs – and a purpose.

Rainbow flags decorated the solarium of the Campus Center along with a makeshift wooden doorway with shimmering curtains, representing a 'closet' of sorts.

Members of the club were warm and welcoming, quick to share a smile and to say hello to passersby and many in the club chose to symbolically walk through the doorways of the "closet."

Some had already come out as members of the lesbian-gay-bisexual-transgender-queer community and others walked through coming out as allies. Each walk through the doorway was accompanied by the sound of clapping and cheering by club members as curious bystanders watched with acceptance and interest.

"We're just happy to bring any awareness to people in the closet, and

to symbolize to anyone who is LGBTQ that we're here to help them emotionally," said club president Kaylee Robinson. "And giving out the ally shirts to have on campus will help to really show the support that's on campus."

National Coming Out Day is a day dedicated to bringing awareness and recognition to those members of the LGBTQ community. It also is a day anyone can come out to proudly disclose his or her sexual orientation and gender identity, something that Castleton's 1 in 10 Club supports fully. The 1 in 10 Club is named after the statistic that one out of every 10 individuals will identify as LGBTQ.

The event marked a great comeback for the club, its presence having been absent on campus last year.

"Right now we're really trying to build the group this year, and to build up awareness of the group on campus. We really want to see the club expand, and we want incoming freshmen as well as prospective students on tours to know that this is a supportive school. We want people in the school to take



COURTNEY PICONE/CASTLETON SPARTAN

**Michaela Babineau and Leia Gilding walk through the symbolic closet at National Coming Out Day in the Campus Center.**

the group seriously and to take LGBTQ seriously," Robinson said. "We're already looking ahead at different things we could do, such as fund-raising, so

we can try and get a guest speaker on campus."



# Greater campus diversity is good

Generally, when someone hears the word diversity, they automatically think of race and ethnicity. Although those are certainly components of diversity, it is narrow-minded to stop there; too narrow-minded for Castleton College’s expectations.

Recently, the college has been taking strides to make our campus a more diverse place in all spectrums. Better understanding ones sexual orientation, religion, race and ethnicity will make our college a more rounded, inclusive community, college officials believe.

The college has hired two new staff members whose mission is solely to improve the diversity of the college by attracting students from across the globe.

Just this year, there are 16 new international students on campus, bringing the total to 35.

The goal as part of a 10-year plan is to increase that number to 125 students, or 5 percent of the overall enrollment.

In addition, the school created the Council on Inclusive Excellence, which recently sent out a survey to all students and faculty seeking valuable data to help plan more ways to make campus more inclusive and tolerant.

Castleton President Dave Wolk is a big believer in creating a more inclusive and diverse campus community.

“Our mission it to attract and retain new students who will contribute to enhance diversity as well as mutual understanding in the global village that is our modern day world,” he said in his convocation address.

But the effort goes beyond

the hierarchy of the college.

The 1 in 10 club last week held a coming-out party in the Campus Center and gave away t-shirts to those who came out, or were supporters of those who have come out.

In her campus wide email announcing the event, Kaylee Robinson urged people to partake and “start living your life outside of the darkness.”

But although these efforts are all steps in the right direction, are they enough?

It is arguable that a majority of campus is not involved in any of these plans. One could say that increasing the enrollment for out-of-staters and those from other countries is just another way for the school to make more money than they could by filling classrooms with Vermonters. One could claim that we are just not in the right place demographically to be considered a diverse, inclusive college.

But those are just opinions.

Tatenda Shumba, one of the college’s new international students from Zimbabwe, said he’s happy here and the atmosphere was comfortable. He did have one request though to get more activities for students to interact.

Castleton understands that it will take effort and energy to achieve ultimate inclusiveness and diversity here. By supporting the various new clubs, involving ourselves in the community, and even just having an open mind, we will have a more inclusive community, and everyone will benefit.

The efforts being put forth to include rather than exclude are noble, and awesome.

-Callie Ginter

# Words from Wuagneux

Hello EVERYONE!!!

I would like to take this opportunity to acknowledge the Castleton State College student community. This academic year started rather ominously.

Actually, it was a dreadful start to an otherwise happy and exciting time of the year for me and many community members.

As many of you know, I am on the runway of nighttime activity. I live on Main Street. Although the throngs of folks continue to beat a path under my windows – I learn a lot of “stuff” that way.

In the last several weeks, I have noticed more civil and polite engagements by students on Friday and Saturday nights. I know how much I appreciate that, as do my neighbors with whom I converse daily. I personally want to thank you for your kindness and consideration!

I feel very rooted in both Castleton communities. What I am most delighted about is seeing the cooperation, caring and concern for our communities by many of you who were embarrassed by the explosion of rude that seemed to be growing and accepted as a “college thing.”

I also want to give a big shout out to those who cleaned up a lot of the trash on Saturday and Sunday mornings. I met with many of them as I was filling my trash bag with the previous nights’ activities. They were equally as unhappy as I was about witnessing the scene before us.

It is no secret how I feel about you wonderful young people. I am very vocal in my community to our townsfolk about how dedicated, applied and conscientious my students are. It’s important to me that you also see it in writing!!!

Again, I thank you!

Peace,

Robert Wuagneux



**Castleton Spartan**  
CASTLETON STATE COLLEGE'S STUDENT NEWSPAPER

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# Fresh Perspectives

## Stop whining about Soundings

It’s so hard to believe the semester is already half over. I feel like I just lit my candle and walked through the front gates. It seems like the majority of freshmen are settled into routines to get all their work done.

But one thing freshmen this year just cannot seem to get used to is Soundings.

It seems this semester has brought more complaints about attending Soundings events and difficulties answering Soundings questions. Students not only don’t want to go to six Soundings events a semester, but they can’t seem to understand the process of answering a Soundings question.

The college uses Soundings as a way to increase cultural understanding and give students an alternative and more fun way of earning a credit. I don’t think it’s an attempt to stress us out by giving us one more thing to do, although it may seem it sometimes.

I had the opportunity to see many different plays and musical acts that I probably wouldn’t have if it weren’t for Soundings because of cost. I will say, though, that some events are clearly more enjoyable than others.

Many first-year students, or even upperclassmen who are still in first-year Soundings, complain that it is difficult to attend six events each semester. They say Soundings events are uninteresting to them, which is why they think that it shouldn’t be required.

NEWS FLASH! Life is an imperfect

journey, and in this journey, there are going to be countless things that we have to do that we don’t want to. Whether you tolerate it or utterly detest it, you still have to do it if you want to graduate. There is no use in complaining about something that you have no control over.

How bad can it be to spend an hour and a half listening to someone talk? Even if you don’t care about what they have to say, just go, sit there, listen and answer the question. There are still 22 ½ hours left in the day that you can waste on whatever you want. There are still nine Soundings events left to go to, surely you can find six you are at least slightly interested in. If not, do it anyway.

As for not being able to figure out how to submit your answer to the Soundings question, my advice is ask a Soundings instructor. I understand how sometimes you just don’t want to talk to people, or ask questions, because I am one of those people at times too. But the reality is, they can help, and no question is a stupid one. Or ask a friend, because more than likely someone on this campus can help you.

- Carly Trombley

## Inclusive Excellence survey to determine Castleton’s community values

Castleton’s Council on Inclusive Excellence, made up of administrators, faculty, students and staff, is planning an event dubbed “Moving Toward Inclusive Excellence at Castleton: An Interactive Forum.”

Council members are urging students to be part of a dialogue about how to ensure that all students share a common learning space at Castleton that is welcoming to everyone.

“To make inclusive excellence a reality, we invite your ideas; we value your input; and we need your active participation. Please join us in the 1787 Room on Thursday, Oct. 23, at 4 p.m.,” said Dean of Arts, Sciences and Community Engagement Ingrid Johnston-Robledo.

She, along with Debbie Singiser, who is charged with increasing international students, are also urging students and faculty to take a Campus Inclusiveness Survey.

The survey, they said, will measure the extent to which the Castleton campus community is rooted in mutual respect, equal opportunities and belonging.

It was developed by a group of students, faculty, and staff under the guidance of the President’s Council on Inclusive Excellence. The results will help us learn about what we can do as a campus to become a more inclusive and welcoming community in which to learn and work. They stressed it only takes 10 minutes to complete! You can find a link to the electronic survey in the announcements section of the Portal.

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# TurboVote simplifies voting registry for college students

By Molly DeMellier  
*Castleton Spartan*

It's a component of democracy impossibly imagined by our Founding Fathers and it's taking flight on Castleton's campus.

TurboVote, a part of the nonprofit and nonpartisan group Democracy Works, is an opportunity for all eligible citizens to register to vote online. The site registers in-state and out-of-state voters and sends reminders to those registered to turn out to the polls.

"TurboVote is an awesome online resource," said Castleton's co-coordinator Liz Diohep. "The best part about it is it takes less than five minutes."

Castleton's branch of TurboVote is overseen by political science professor Rich Clark and managed by Diohep and Mariah O'Hara with assistance from Clark's Campaigns and Elections class.

According to Diohep and O'Hara, although it is not a presidential election year, the results of the state and local elections still have an inherent affect of national and international issues.

"I think college students are often pushed aside with these elections, but we do play a big part," said O'Hara.

Despite the trend for voter turnout to be lower in off-year elections, Diohep and O'Hara said they hope TurboVote will help Castleton break the mold.

"My goal is really to promote the idea that even though it's midterm elections, it's still very important to register and vote," said Diohep.

This was supported by Clark, who also added the latter part of this goal is what has the potential to influence policy.

Despite having the one of the highest number of registered voters in the county, combined with characteristics of being old, established, and well-educated, which are typically found in places experiencing high voter turnout rates, Castleton's polling place did not see the expected traffic in past elections.

According to data collected after the 2012 elections, Castleton had a 57 percent voter turnout rate, the second lowest in Rutland County. Clark inferred these results to be a product of the college's increased initiative to register student voters combined with a lack of reminders to go to the polls come Election Day.

"We gave them access, but no invitation," he said. "With TurboVote, maybe we can change that."

Clark, Diohep and O'Hara said they plan to continue to help both on and off-campus students register with TurboVote through the Oct. 29 cut-off date for Vermont registration. The trio plans to set up tables in the Campus Center and send out campus-wide emails to raise awareness about TurboVote. Additionally, students can access Castleton's branch of TurboVote using the hyperlink: <http://tvote.org/1CtnDkT> or through the Facebook page Castleton TurboVote.

The group said TurboVote's reminders are expected to increase the voter turnout on Nov. 4.

Mirroring the restless world of politics, Clark said he plans to begin registering for the 2016 election immediately after this year's polls close. Already on his docket for TurboVote in 2016 is the Nov. 11 Civic Engagement Project Presentations event in the Informal Lounge of the Campus Center.

"It's never too early to register," he said.

# Little life left at the Diamond Run Mall

By Jorah McKinley  
*Castleton Spartan*

It's a Thursday evening and roughly 100 empty chairs are scattered around the food court at the Diamond Run Mall in Rutland.

One lone food vendor still has their sign alight. You can hear the hum of fans and the faint sound of elevator music. Do a 360 and you'll be lucky to catch a glimpse of maybe three or four other life forms. It's so eerily quiet that you can almost hear the echo of your own footsteps.

"I've never seen a mall like this before," said William Mergenthaler, a jewelry consultant at the Sears store in the mall. "I've seen empty malls still thrive, but I've never seen... this."

Sears, one of the mall's main anchor stores, recently announced their doors will close in December. X Bar, Thelma & Louise and the Toy Factory also made the call to leave the mall.

This will leave roughly two-thirds of the storefronts in the 400,000-square-foot mall

vacant and dark. So what exactly is going on in this ghost mall?

"The rents are too high!" said Jodi Kent-Sejdiu, another Sears employee. "People can't afford them because they don't have enough income coming into the store to pay their rent."

Kent-Sejdiu remembers a time when the mall was flourishing, but in her time, she has seen store after store leave, and they haven't seen much of an effort from mall management to fill those stores.

"We'd love to see them put in more effort to draw more local businesses," Meshach Tourigny of Mountain Man Jewelry said. "There's no outreach. There's no public relations. There's very little good will toward this mall."

Attempts we're made to contact Mall Manager Jay Morel, but mall management chose not to comment on the current state of the mall or its future.

Castleton senior Emmy Hescocock said she's watched the mall go downhill since her freshman year and hardly ever visits anymore. There's nothing there for her.

Mergenthaler and Kent-Sejdiu said there are all sorts of rumors flying around about what will come of the vacant mall. There's talk of Target and Wal-Mart bidding on the large space Sears will leave behind, and there's a reoccurring rumor that Castleton has their own plans for the mall.

Director of Marketing and Communications at Castleton, Jeff Weld said there is "nothing in the works," but that Castleton's expansion into the Rutland community in general is a very real possibility.

Spartan Arena is already located at Diamond Run Mall, and next summer the Spartan Dome will be placed next to the arena.

"Certainly we do have plans and things that are already in place that bring us into Rutland, and the mall being the space that it is and given its location to the arena doesn't make it an undesirable location," Weld said.

As for specific plans for the mall, there is nothing yet.

"Every time the mall has something going on, the rumors fly up about us as a potential enterprise to be involved,"



JORAH MCKINLEY / CASTLETON SPARTAN

## Empty storefronts and isles line the Diamond Run Mall.

Weld said. "I think that people sort of look at that as a progression that makes sense."

# Seniors fear there is no finish line

By Sara Miles  
*Spartan Contributor*

Senior year of college is what students wait for all their lives. It's what makes it all worth it, finally reaching that finish line.

But the thing nobody ever told you is that after graduation, it's the beginning of the next race and you'll spend the rest of your life chasing that finish line.

It's no secret that students breeze through high school and the first two years of college thinking there is no expiration date on their youth. Then, in what seems like a blink of an eye, they are seniors and it's almost time to start a career.

"I have no clue what I'm going to do. I am nervous for what is in store for me after graduation. I wish I had figured out what I was passionate about in my freshman or sophomore year so I could have been more focused on a career to strive for," said senior Kayla Plouf.

Plouf seemed disappointed that she may have been shorted certain opportunities by not reaching out for help to find a field she really wanted to go into. She suggests taking a wide array of classes freshman year to help determine your interests.

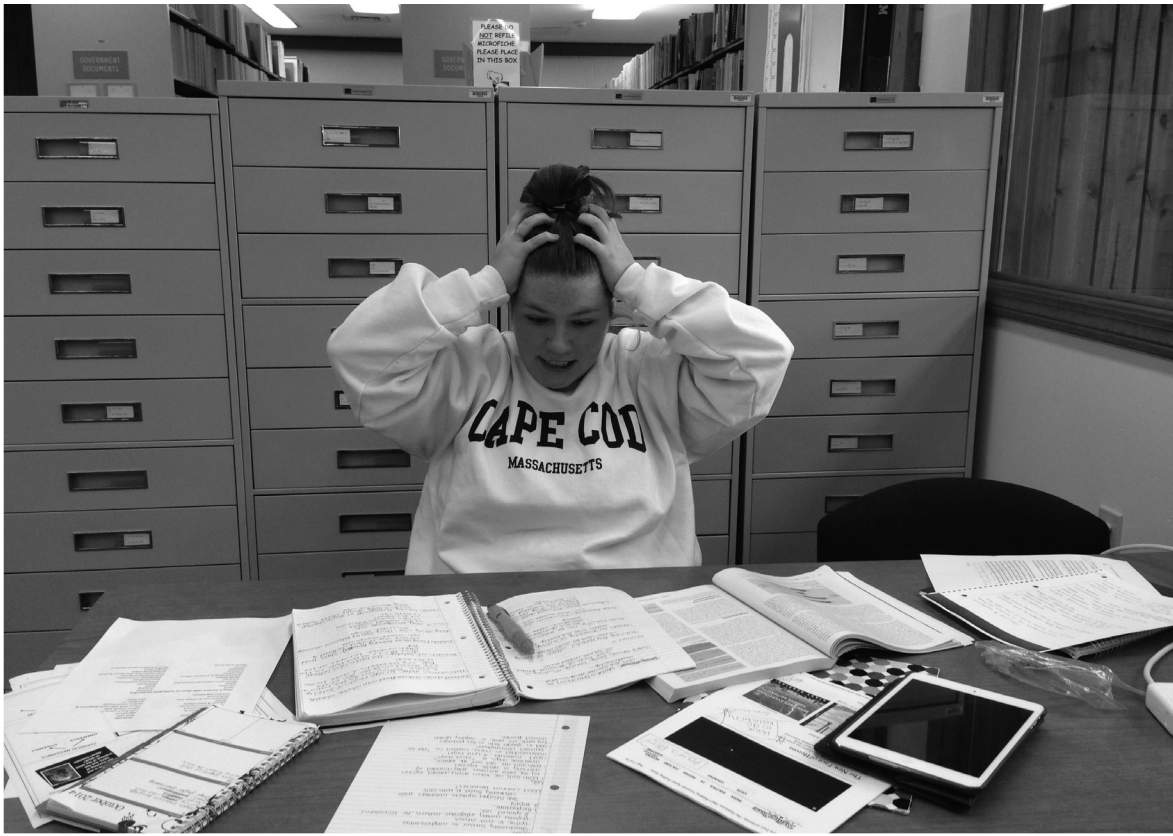
To those students having trouble finding a path, Renee Beaupre White, director of Career Services, would love to help you. Beaupre White works with students in all areas from changing major and finding an internship to building a resume or even just offering some career advice.

"What I do is, I counsel students. Instead of putting all their energy into their fear, I put it into what can they do instead of being afraid of making a nest in the world. So then I get them thinking about a next step," she said.

Beaupre White is constantly stressing to take the college experience seriously.

"Treat it like your first job. Show up, do your assignments, and all you can in your field to build your resume, because when it's your second semester of senior year, that's all you have," she said.

Beaupre White also mentioned that in today's workplace, you have 20 to 30 seconds to shine on your resume before it gets tossed in a pile with a million other average applicants. So, be as community involved as your schedule permits and meet as many people as you can because studies show that 80 percent of jobs are found through connections and networking, she said.



SARA MILES / SPARTAN CONTRIBUTOR

## Senior, Kayla Plouf is starting to feel the pressure as the gap on graduation closes.

But she stresses it is ok not having a set plan. A Penn State study shows that 20 to 50 percent of students enter college as "undecided" and 75 percent change their major at least once through out their college career.

"Seventy-seven percent of graduates who worked part-time, did an internship, or employee mentorships, felt prepared for the working world after graduation," said author Susan Adams in a Forbes article.

Senior Haley Cotrupi has done just that. She had multiple internships through the social work program; she works part-time with children at a tapistry program in Rutland and has done countless trainings in areas including mindfulness, basic specialized care and professional development.

"College was never my first choice, but I knew it was something that I had to do to be successful in the future," she said.

Cotrupi says it is hard to believe that it's the beginning of the end. She is nervous that she may not get a good enough job to afford student loans and other expenses, but is ready to see what the real world has in store for her. She

hopes all the effort she put in will be worth it.

For those having doubts whether college is worth it or not, The New York Times has some reassuring information. According to new data based on an analysis of Labor Department statistics by the Economic Policy Institute in Washington, Americans with four-year college degrees made 98 percent more an hour on average in 2013 than people without a degree.

And some students are opting for more college instead of the working world. "I plan to attend Castleton in the fall of 2015 to start a second bachelors degree in psychology. I don't believe four years is enough time to obtain the responsibility and mentality required to make it in this world," said senior Rachel Thompson.

Thompson was a transfer student from Johnson State, who had a hard time adjusting to Castleton, but now is focused and driven.

The key to success is to give as much as you want to get.

"My advice is, give college 100 percent, no matter what the class is. It's not necessarily the curriculum that

prepares you, it's time management, the deadlines, and the dedication. College should be a fun experience, but taken seriously. I wish I could go back," said Castleton alumna Lily Reynolds, who is currently employed full-time at Casella Waste Management in the Public Relations Department.

"To those students who feel like they have regrets from their college experience at Castleton, it's never too late, and you're never alone," said communication professor Roy Vestrich. "It's okay to be lost. It's okay to not know what you're doing with the rest of your life. Life is a journey, if you've learned to adapt to your own life and the changes around you, you're going to be just fine."

But, he said, realize that you should be a little afraid of what life has in store for you, too.

"If you don't have fear, you're a fool. To have fear is to be aware, and to have an understanding that anything can happen. Fear is normal and any good journey is worth getting lost," said Vestrich.

# National Career Day

## Annual event to be held in the Campus Center November 12th

By Shannon Moriarity  
*Castleton Spartan*

Castleton Career Services will be celebrating National Career Day on Nov. 12 with an on-campus event aimed at getting students ready for life after Castleton.

This annual event, held in the Campus Center Atrium from 11:30 a.m. to 1:30 p.m., will offer a variety of resources for students including help with resume and cover letter writing, interviewing and even graduate school information.

Renee Beaupre-White, director of Career Services, began this celebration three years ago to bring career awareness to the community.

This year, there will also be a special focus on LinkedIn, the world's largest professional network with 300 million plus members. The business-oriented social networking service isn't a way to connect with friends, but to connect with professionals.

"Most employers today when

Googling applicant's names, they expect to see a LinkedIn profile," said Beaupre-White.

She emphasized that having a LinkedIn profile is just as crucial as having a well-tuned resume.

On National Career Day, resources will be available to help students create a LinkedIn account. Also, there will be photographers on-hand ready to take professional head shots to be used on their profiles.

There will be giveaways and raffles, as well as refreshments being provided, Beaupre-White said.

On Sept. 30, Career Services hosted a Graduate School Fair from 12:30 p.m.-2:30 p.m. in the Campus Center. Thirty colleges and universities attended, as did representatives from the Peace Corps.

Beaupre-White also wants students to mark their calendars for the spring Career Day, to be held March 19 from 11:30 a.m. to 1:30 p.m. in the Spartan Athletic Complex.

## CASTLETON CAREER SERVICES Fall Workshops & Events

All workshops will be held in Audet House Seminar Classroom  
12:30-1:30PM

*All majors and years welcome*

### RESUME & COVER LETTER BASICS

Tuesday,

November 4th

*Learn how to create a resume and cover letter in this hands-on working seminar.*

### INTERVIEWING BASICS

Thursday,

November 6\*

*This seminar will help you learn how to prepare for an interview, navigate questions and follow-up with employers.*

### LINKEDIN: BUILDING A PROFILE

Tuesday,

November 11th

*Think of your LinkedIn profile as an interactive business card. It's a summary of your experience, interests and capabilities that is designed to attract the attention of important people who are looking for you online.*

### NATIONAL CAREER DAY

Wednesday,

November 12\*

Campus Center Atrium

11:30AM-1:30PM

*Learn more about careers in your major and receive valuable materials and information.*

*Great raffle prizes and refreshments.*

### JOB & INTERNSHIP SEARCH STRATEGIES

Thursday,

November 13\*

*Finding a job or internship is a job. Learn best practices in the art of job and internship searching.*

Sponsored by Career Services  
*Connecting Students with Opportunities*  
Campus Center, Third Floor



## A minute with Michael

Michael Sabataso



Question: What was your first Halloween costume that you ever wore?



## Jenna Duggan, Senior

“The first Halloween costume I ever wore was a pumpkin.”



## Anthony Altobell, Sophomore

“I think I was Batman, when I was like two. My mom dressed me up.”



## Kaitlin Drake, Fireside employee

“I think I was a bumblebee. I was really little.”



## Jim Stuart, Catering Manager

“A ghost. Pretty boring isn't it.”



## Anthony Cosentino, Captain ROTC

“My first Halloween costume, I think was a mob gangster. I had a little satchel filled with money, or stuffing an old man cap and suspenders.”

# You better Belize it

By Shannon Moriarity  
*Castleton Spartan*

Did you know you have a chance to travel to Belize during Spring Break?

Beautiful mountains and emerald rain forests are landmarks of this magnificent country. And through the course The Collapse of a Civilization: The Environment, History & Science of the Maya, students can have the opportunity to experience Belize and all it has to offer.

The course will be offered in Spring 2015 and students will be able to learn and understand the Mayan culture, what led to its rise and fall, and what we can take away from their civilization. Another added bonus? The class can earn you four credits toward the World Views Frame of Reference!

The class is being co-instructed by physics professor Catherine Garland, biology professor Cynthia Moulten, and former history professor turned Dean Jonathan Spiro. The team approach, they say, allows for an interplay of different subjects all in one class. They'll learn about culture, math and science, and how all of these helped build the Mayan culture.

“It's not a class any would teach individually,” Garland

said. “Each professor brings in a different perspective that will be taught in the class.”

In other words, each professor will focus on their specific subject, and all three will tie them together to apply them to the Mayan culture as well as today's culture. Garland will be teaching how scientifically advanced the Mayan culture was. They developed their own calendar, built temples to study astronomy and even had their own numerical system that was based on 20 instead of our system of 10.

“Their world view was so based in science and math, it is what led them to become so advanced,” Garland says.

Spiro will focus on who the Mayans were as a culture and how we have learned about them through archeology and writings. He will also explore their creation myths, which are much different than our own.

Moulten will cover the environmental aspect of the class. The Mayans were an agriculturally centered society and she will teach students how this influenced on their rise and their fall.

All three professors will tie each aspect together and allow students to apply them to today's culture. And ultimately, everything learned in the classroom will be explored on the



COURTESY PHOTO

## Students explore an ancient ruin while studying in Belize.

actual trip.

“I'm so excited!” exclaimed Garland. “We will be visiting two or three archeological sites where they've been excavated, including the temples. A canoeing trip is planned where students will enter a cave that was used for ritual sacrifices. We will actually be staying deep in the rainforest, where the opportunities to hike are planned. There are also plans to visit a botanical garden, where plants are grown that were used for medicinal maladies, a butterfly garden, and visit a local town to experience a market day.”



JIMMY BRITT / CASTLETON SPARTAN

Tony Sawyer proudly shows off his tattoo and piercings.

# Daring to stand out

By Colin Proctor  
*Spartan Contributor*

Among the 2,000 or so students at Castleton College, there are always those who stand out and catch the eyes of others. There are those who leap the fence that encapsulates expectation to roam the lands of their own desire.

They stick out like a sunflower in the corn rows. They challenge our brains to accept what our eyes see and their simple appearance is enough to bring forth our truest convictions concerning what is and what is not permissible in our society.

Tony Sawyer is one such person who jostles a persons' consciousness. Though he would never say it is his intent, Sawyer has caused quite a stir this past semester on campus. He has been mentioned on ‘Yik Yak’ for his bold choice of clothing and his illustrious mustache. The metal ‘mustache’ septum piercing is one of the most notable parts of his appearance, but the rose-colored glasses (that help with his color-blindness), skull earrings, and blue dress that occasionally accompanies Sawyer is always sure to turn heads.

Sawyer says he understands that his appearance will draw a lot of attention and he likes to have fun with it any chance he can.

“Whenever people say my piercing looks like a mustache, I always tell them it is for mustache awareness, to raise awareness for those who cannot grow one, but in reality, I'm just along for the ride of life, and it has seemed to take me to a stop where I got a piercing that looks like a mustache,” said Sawyer.

“Yes, I do stand out from a crowd, but I am not doing it for attention; I am actually doing it because it makes me happy, and sure, I may get judged by everybody I meet, but as long as I'm doing what I like to do, that's all that matters to me, and that should go for everybody as well.”

Sawyer is a sophomore who studies history education with minors in music, theater arts, and writing. He has a love for the performing arts that has propelled his life to where he is now.

Sawyer is also the music director and temporary treasurer at WIUV, the school's radio station. He enjoys writing screenplays and working on movie and stage productions. In high school, Sawyer was featured in the Vermont State Drama Festival as the youngest director to represent the state. There he showcased a play that he wrote and directed for his school's theater department. Sawyer's new aspirations include learning how to play four new instruments by the end of the academic year.

Sawyer's driven dedication to his lifestyle stems from a strong relationship with his grandparents. One of his grandfathers passed away the day Sawyer started his college career, and the last thing his grandfather said to him was, “have fun in college.”

“And, well, you don't want to disobey your grandfather, am I right?” he said with a grin.

Sawyer got my septum pierced the day after he died and said he was trying to deal with his death.

“I was not thinking about what I was doing and somehow wound up in a piercing parlor getting a needle through my septum. The day after, I went home for his funeral and that is when I realized what I just did the day before,” he said. “I didn't tell my family that I did this and when I arrived home, I faced a lecture from my grandmother about piercings while my younger brothers just stared at me. Most of my family, however, thought it looked good.”

As for what his grandfather would have thought?

“Honestly, my grandfather probably would have said something like, ‘What the hell did you do’ when he first saw my piercing and glared at me for an hour and then accepted it,” he said.

# Staying in your backyard fences you in

By Matt Trombley  
*Spartan Alumni*

“Vermont, that's a state right?” A young man asks at a college fair in Harford County Maryland. I pull out Castleton's map and show the young man exactly where Vermont is.

“Oh ok. Is it like cold there?” he asked.

What am I going to do with this kid?

I have reached the halfway mark on my travels and only have about four more weeks on the road. For my first few weeks, I was in various New England states that were similar enough to Vermont to make me feel comfortable. For my remaining weeks I will be outside of New England, where Vermont is just a place that people never talk or think about.

In relation to the rest of the country, Vermont is not too far from Maryland. Yes, it took me nine hours to drive down, but there are places that are obviously much farther away. I'm on the east coast, so why can't anybody point out Vermont on the map? I have the answer. Isolation.

What I've noticed traveling through many of these states is that they are really like countries. Every state has its own environment and qualities that set them apart from one another. The differences between New Jersey and Maryland are like night and day, but one thing all the states I've visited have in common is the pride people have for their home.

In Maryland, the state flag is almost everywhere, from the rural towns to the larger cities like Baltimore and Annapolis. In New Jersey, people banded together after Hurricane Sandy and are still suffering from the aftermath in some areas. Driving down the Jersey Turnpike I saw more “Jersey Strong” bumper stickers than I could count.

So why are people not aware of Vermont? They are wrapped up in their own little world with their own problems. I was visiting Spotswood High School in New Jersey and was chatting with a few students that made me realize their point of view. A young woman asked if there was snow in Vermont.

“That's kind of what we are known for,” I responded, thrown back a little because I've never heard that question before.

“I'm sorry if that sounds silly,” she said, “I've just been stuck here my whole life. I don't know what it's like outside of Jersey.”

That's when I not only understood the mindset of these students, but I also saw myself in this young woman.

“I know how you feel,” I said trying to comfort her a little. “Being from Vermont, I feel like a Hobbit that rarely leaves the Shire.”

She chuckled and began to show interest in coming to Castleton. I hope she leaves her “Shire” and sets out for adventure one day, just like I did.

# Cowden brings experience to the classroom

By Nathan Marden  
*Spartan Contributor*

Each year, Castleton College warmly welcomes hundreds of new faces to its family-like campus. Among these new faces this semester is public relations professor Jessica Cowden.

Since day one, Cowden has been winning over students with her upbeat, positive attitude. Students say she shows respect for them and gives them confidence.

Cowden pushes each student to put forth their best work possible, while being willing to help work with

them to accomplish that. She said she believes in a “stern, but friendly relationship with students.”

She also doesn't look at homework as a punishment, but as projects that help the student develop skills in the area she is teaching.

“I don't think it should be teacher versus student. It's us collaborating together,” Cowden said.

Students in the class talk about how nice and approachable Cowden is, saying she always is telling people to email her and she'll make time to meet them outside of class.

“She's super helpful in

class and makes sure you actually understand what is going on, unlike other professors,” said sophomore Jadie Dow.

After doing graphic design for many years in Colorado, Cowden moved to New York City where she earned her Certificate in Web Design from Nobel Desktop. She took classes at Full Sail University, where she earned her MFA in Media Design, all while maintaining her own freelance work involving promotion of bands and small businesses from all around the world.

It has been a little over a year since she moved to Castleton with her two kids and

husband, Rich Cowden, director of the Fine Arts Center. She said both are very happy to be living in such a welcoming community.

Jessica Cowden said she wears a million different hats a day. She has to take care of her freelance work, class work and her family. She said she loves her life and career, but stressed that what's most important to her is her family.

“The job she really loves the most is being a mom,” Rich Cowden said. “She makes me want to get up in the morning.”

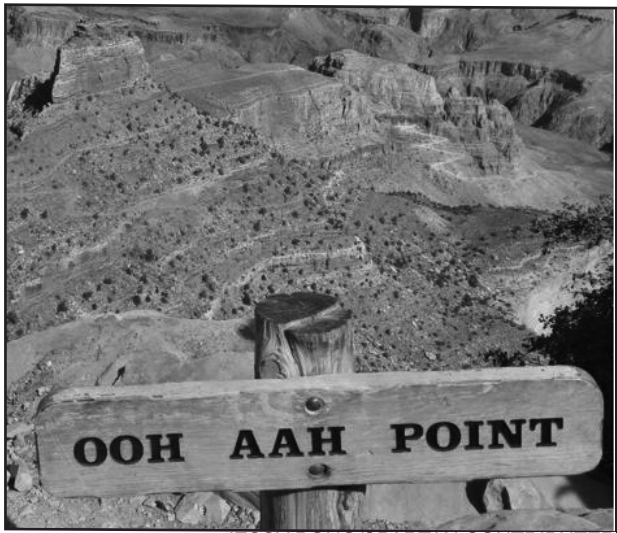


KAYLEE PRATT / CASTLETON SPARTAN

Jessica Cowden engages students during a lecture.



# Grand Canyon is ‘surreal’



JESSY BONO/SPARTAN CONTRIBUTOR

**A lookout from the top of the Grand Canyon.**

**By Abi Foster**  
*Castleton Spartan*

There are few places in the world that can immediately take your breath away. Structured by its towering sandstone walls and split by the roaring Colorado River, the Grand Canyon draws visitors from all over the world, allowing them to gaze upon its natural beauty that stretches 277 miles through Northern Arizona.

The Canyon is layered with thick history and naturally painted with mixes of reds, oranges and tans that line the

walls surrounding you. Ravens fly at eye level to the people embracing the canyon’s beauty that lies beneath them. Elk and mule deer roam freely through the tourist filled walkways. Completely unbothered by the groups of people taking their pictures, they have become use to the thousands who enter their home every day.

People are drawn to one of the seven natural wonders of the world for many reasons. River enthusiasts, for instance, come to experience paddling the Colorado River.

John Jonker, a Michigan native who is an employee

at the visitor’s center for the Grand Canyon, explained why he was drawn to the canyon walls 40-plus years ago.

“I have been down the river eight times in a kayak and each time it has presented me with a new adventure,” Jonker says, “This canyon is now in my blood. You never experience the same feelings twice; she [the canyon] is forever changing and I think that is why every day thousands of people visit this place of wonder.”

Luckily the group of Castleton students studying a semester in the Southwest were able to experience the overwhelming vastness of this beautiful canyon. For some of them it was the first time encountering such beautiful land formation and found it hard to put in perspective just how “grand” this canyon is.

“The Canyon is so surreal,” Castleton student Lily Gaechter said. “It was one of the most mind blowing views I have ever seen. What made the trip awesome was being part of the 2 percent that actually venture below the rim and experience the canyon at its fullest.”

As a first timer at the Grand Canyon, Gaechter said she can’t wait to return back and spend more time exploring the mysteries this natural wonder has to offer.

# Gazing at art



SARA NOVENSTERN/CASTLETON SPARTAN

**Billings Wheeler checks out paintings by artist Don Ross in the Christine Price Art Gallery.**

# A dad, a friend and Billy Joel

**By Alexandra Johnstone**  
*Castleton Spartan*

As we walk into Madison Square Garden, there’s a snake-like line winding through the lobby up the stairs disappearing into the stadium. We push our way through the one-acre sized crowd just minutes before the concert begins.

Finally, we break through the line and enter the doors to the suite section of Madison Square Garden. The crowds are gone and there’s a single employee waiting there to greet us. He hands us all our tickets and we step onto an escalator bringing us to the elevator that then transported us to our floor that had a dimly lit desk and one large bouncer.

We were royalty. Castleton senior Daley Crowley and I start bee lining for our suite, but my dad wants to stop to use the restroom. Daley and I wait outside squirming like little kids, not to mention we might’ve celebrated a little before arriving.

When my dad walks out of the bathroom, Crowley and I were already turning our backs to speed walk to suite 17.

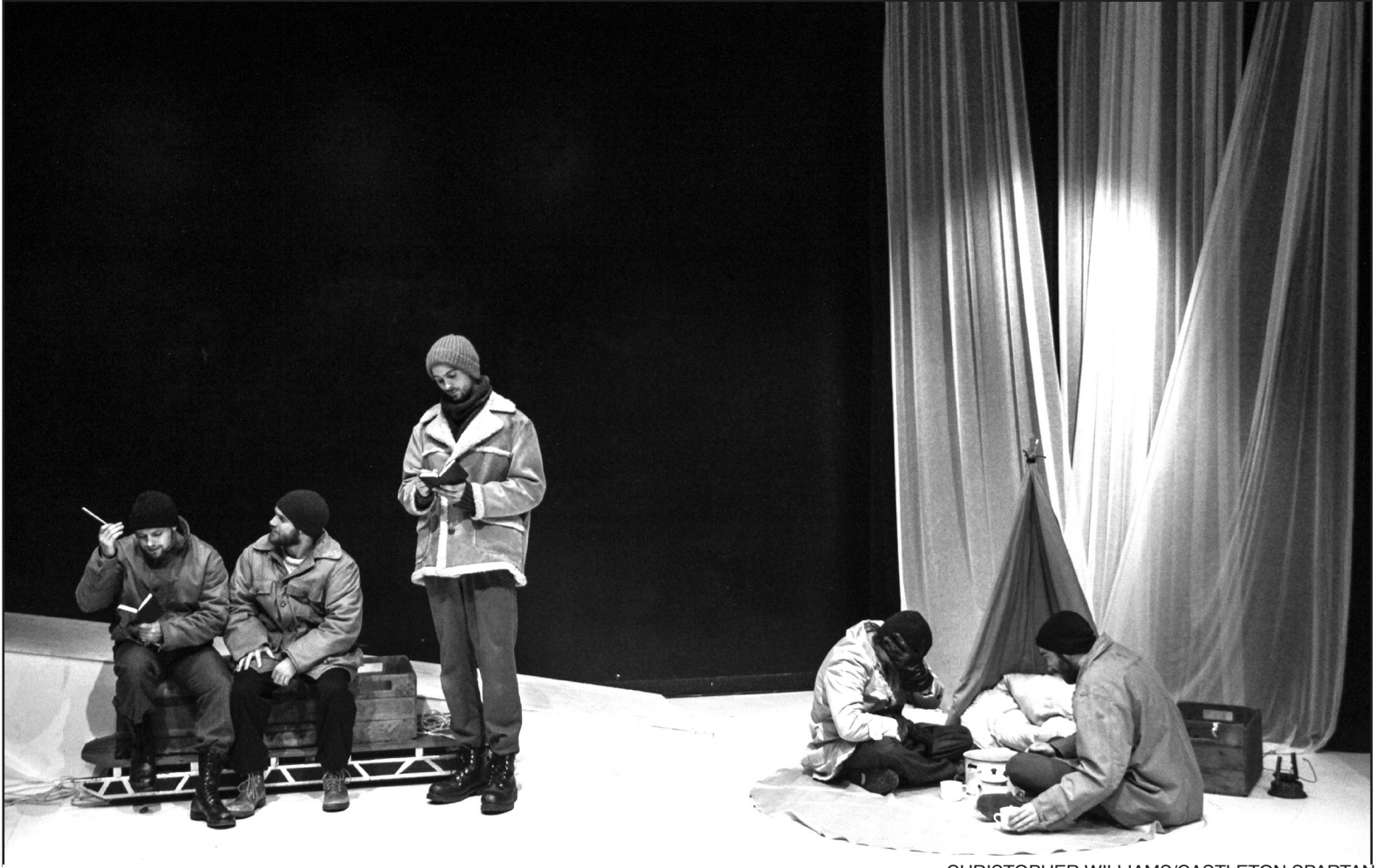
The suite had a bathroom, couch, three bars, a hot and ready buffet, a charging station for your phone (because God knows you want your phone at a concert), and a waiter serving FREE drinks all night. Did I all ready mention royalty?

Before I know it it’s all ready 9:30 p.m. and Billy Joel is giving the crowd a choice of what song he should play next.

I hear him say “Vienna,” our favorite song by him. Immediately Crowley and I were yelling like we were about to be murdered, using every bit of our voice to ensure “Vienna” would win.

As soon as the first key was played I closed my eyes and began to savor the sounds. How can I be this happy I wondered, and pleaded in my head for it to never end.

These extravagant plans to see my favorite artist were made back in April when my godfather said he could get tickets to a Billy Joel concert for me for FREE. We talked about it like it was years away, but soon enough six months passed and the day finally came.



CHRISTOPHER WILLIAMS/CASTLETON SPARTAN

**Actors perform a scene, set in the South Pole, from the play “Terra Nova.” The play was held in the Black Box Theater.**

# ‘Terra Nova’ is an emotional tale

**By Catherine Twing**  
*Castleton Spartan*

The Castleton theater department delivered an emotional performance of “Terra Nova” last Friday night. Unlike a conventional plot where there would be one central conflict. The entire show focuses on the struggle of surviving in such harsh circumstances physically and with such pressure mentally and emotionally to be the first to reach the South Pole.

The play, directed by student Eric Monzel, was performed in three different worlds: Captain Robert Falcon Scott’s mind, his memory of home, and the story of the expedition to the South Pole. These worlds intermingle as scenes transition from one to another and the audience goes from inside Scott’s mind to the real world. At times, the action was taking place in more than one of these worlds simultaneously and Scott’s words responded to a character in his mind as well as a character in the main story.

In Scott’s mind, the Norwegian man who made it to the South Pole first plays the role of the “devil on your shoulder.” Norwegian Roald Amundsen, played by Michael Tuffy, is the voice of pessimism and appears at times when the captain begins to doubt himself and doubt the mission. Whenever he appears, a quiet heartbeat is heard throughout the room. It makes the audience feel as if they are inside the Captain’s mind and can hear the blood beating through his ears.

At one point Scott is going crazy and the crew’s doctor, played by Cameron Scully, has to stop him from attacking this imaginary voice.

The opening set the stage for the intensity that was to come. A slideshow of images is shown with black and white photos of a ship and an ocean. There are sounds of a thrashing sea and as the slideshow progresses, the volume increases, which puts the audience on edge. The slideshow is used again to show the real photo of the crew that made it to the South Pole. This was a very creative way of setting the mood and telling the story.

The small, seven-person cast did a phenomenal job of getting into character and making the audience believe what was happening. By the end of the

story, all five crew members die. An especially impactful scene that brought many to tears occurred when Edgar “Taffy” Evans, a badly frostbitten crew member played by Dalton-Jesse Cummins, goes crazy and dies a graphic death. Whether this was intentional or not, he is the only crew member without a beard, which makes him seem like the youngest. The idea of the youngest and most innocent one dying first is what makes this scene even more difficult to watch.

Because this was performed in the black box theater, there was seating on two sides of the performance space. The only downside of this was how the blocking favored the main seating area and in many cases those who sat on the side got a view of the actors’ backs.

# Senior Social planned for Nov. 18

**By Callie Ginter**  
*Castleton Spartan*

In years past, seniors graduating in December may have felt like they were getting cheated out of their big final celebration for graduating college like traditional May graduates enjoy.

That’s why the Alumni Association has teamed up with the senior class officers to help organize a senior class social in part to give December grads special recognition.

On Nov. 18, there will be an informal casual celebration for the senior students. From 6-7:30 p.m. in the 1787 room, there will be food, raffles, cash prizes, giveaways and a simple chance to mingle. Alumni will also be there to inspire and assure the seniors they will survive after graduation.

“We want people to be able to learn what alumni in their fields are doing and to sort of inspire them to not be scared for the future and know that people have been successful graduating in their majors,” said senior class President Cassie Pinaire. “We also want a big attendance.”

December graduate Molly DeMel-

lier has already been accepted to NYU for graduate school and has big plans. And although she perhaps has a jump start on what she is doing after Castleton, she still feels attending the senior social is important.

“I do really want to go. I think it’s important because this is the last time we are all going to be students here ... it’s great that the college is taking the time and giving us a chance to have the closure and say goodbye,” she said.

December graduate Emmy Hescocock said she thinks it will be popular.

“Having the food and gifts and having it relaxed is a good idea,” Hescocock said.

Derek Fallon, another December grad, is hoping for a big turnout – and not just from students.

“It would also be kind of cool to see some professors there outside of class too,” he said.

The first senior class officer meeting will be held next Monday to discuss further plans for the senior class social and the event will be advertised with paper invitations, emails and Facebook.



PROVIDED PHOTO

**Seniors from the class of 2014 gathering at the Senior Social last year. Seniors are encouraged to attend this year’s social on Nov. 18.**



# Shumba: ‘I am thrilled to be here’

*Continued from Page 1*

Jekabs Grinbergs, a sophomore from Latvia, a small country in Eastern Europe, explained that his experience is not measured by extra-curricular activities, or anything outside of his studies.

“It’s not material things that make my experience good or bad,” he said. “Every culture probably seeks what’s back home: family, cook, food, your room, your bed, your friends, your streets, your everything. If you spent most of your time back there [at home], and then you continuously pull yourself out of those roots to study abroad, for me it’s a mission. I’m very focused,” Grinbergs said.

That focus?

“A degree and knowledge that I can bring back and develop in Latvia. Being here, I get things I couldn’t get back home. Education-wise, the quality is much higher,” he said.

Anna Daniels, a junior from Falun, Sweden, came to Castleton in 2012 and she continues to embrace her Castleton College experience both in the classroom and on the ice.

“My commitment to the hockey team has made me a better student in the classroom and a better hockey player on the ice,” she said.

Daniels helped guide the team toward unprecedented success and was named to the

NEHWA all-star team. As far as the classroom, Daniels was named to the ECAC East all-academic team.

As for the school’s efforts to diversify, Daniels is all for it.

“I believe all people should meet people from other cultures to get a better understanding for one another,” she said.

To build a more culturally diverse student body, the school has recently hired Debbie Singiser and Patrick Liu to “Work on all the things that we need to do to create a more welcoming place,” said Wolk, adding that their task also includes diversifying ethnicity.

Singiser started working for Castleton as a part-time consultant in October 2013 to help recruit and retain international students. Soon after, she was hired full-time to help implement part of Castleton’s plan to expand in a variety of ways.

“Castleton on the Move” is a 10-year plan (2013-2023) designed to increase the number of undergraduate students and expand the College campus. As part of the plan, CSC strives to bring the number of international students to 125 students, which would be 5 percent of overall enrollment, 2.4 percent higher than the national average of 3.7 percent according to a 2013 poll.

Last spring Singiser began implementing a

plan that would support their goal of 125 students and maintain retention. Bringing in someone with experience in international recruitment was the first step, and in came Patrick Liu.

“If Castleton is serious about getting to this number and being successful at retaining, we need to get expertise here like Patrick, someone who has done international student recruitment at other schools,” Singiser said.

Liu, originally from China, came to the United States as an international student in 1992. He previously worked at the University of North Texas where he was an international student advisor. Prior to that, Liu was director of international students at Lakeland College in Wisconsin.

One way Liu plans to implement its cultural expansion is to start connecting with high schools in Asia.

“We’re trying to establish sister-school relationships with colleges in China and other countries. We’re also trying to connect a special strategic relationship between high schools overseas and Castleton State College,” he said.

Liu also expressed his interest in providing overseas students with a strong long-term study abroad program for undergraduate and graduate students.

“Were looking for visiting scholars or even international faculty as well,” said Liu.

As far as the retention part of the plan, Liu and Singiser are looking at ways to strengthen a variety of on-campus facets that would encourage international students to have a more gratifying stay. Some of those facets include counseling and general health services, food services, religious and spiritual outlets, visa compliance assistance, transportation services, on-campus employment and social support.

Castleton has already begun to see progress toward the goal. This fall, CSC admitted 16 new international students from all around the globe.

Traditionally, most of the international population, about 70 percent, has been Canadian students, largely due to the hockey program.

“We want to continue to encourage Canadian students to enroll, but we want to increase the diversity and reach out to a number of countries around the world,” said Singiser.

Shumba said he would be thrilled to see more fellow “brothers” from Africa on campus, but he is embracing his experience for all its worth.

“I am thrilled to be here and of course I would love to see more culture here, but right now the glass is half full and I feel blessed,” he said.

# Win free tacos More competitions in future

*Continued from Page 1*

As that event trickles down, another will be ready to go. For the second consecutive year, Huden Dining Hall will be filled with music and people dressed up for a costume contest taking place between 5 p.m. and 6:30 p.m.

“Last year it was successful. We had over 55 entries,” said Area Coordinator Kristin Helm. “We encourage group, pair, and individuals to participate.”

Prizes will be awarded for the first, second, third and fourth place winners.

“Costumes can be creative, average, homemade or store bought,” Helm said.

But the night doesn’t end there.

Students will be wondering around each residence hall

*Continued from Page 1*

“We had the biggest group of supporters,” said Maurer. “When Ben wasn’t on stage it was so quiet, but we were so loud when he was.”

After witnessing Pearce’s diligent 17-week training process, Bashaw and Maurer said his results were a true testimony to their friend’s character and self-discipline.

“He’s so serious about everything he does,” Bashaw said. “It’s something he can be so passionate about because it’s something he can do himself.”

Once he steps off stage, Pearce allows himself one cheat meal where he gives into to his months of pent up cravings.

“After he did his competition he was craving a jelly doughnut and a pumpkin spice coffee. And he got it,” said Bashaw. “Right after he had a full barbeque chicken pizza and a bacon cheese burger.”

Bashaw and Maurer said the food vanished as soon as it was placed in front of

the ravenous Pearce.

“He put it down so fast, I didn’t even know it was there,” said Maurer.

Pearce said he is ecstatic with his results, but plans to take the next year and half off to train and build more muscle.

“I couldn’t have asked for a better first season,” he said. “The time off will allow me to work on my physique as well as other aspects of my life.”

For Alexander, she said she is still preparing for competitions, but has come to notice the social hardships her training can create.

“Food is a huge part of our culture and choosing not to indulge in certain meals with family and friends can feel a little isolating,” she said.

However, she said that as a nurse, she tries to model healthy behaviors and the competitions have helped her to create a more balanced lifestyle. As she prepares for her next competition, Alexander said she has started working with a trainer and

nutritionist to maximize her results.

“I have the first-time jitters out of my system so I feel more confident going into this competition,” she said. “I know what I need to work on this time as far as posing, stage presence and overall presentation.”

Alexander said she plans to take to the stage again on Nov. 15 in Syracuse, N.Y. and will be joined by Castleton student Zach White, who recently placed second in his debut at the Cape Cod Men’s Physique Competition.

After her November competition, Alexander said she plans to take some time off during the holiday season and is looking forward to returning to a normal diet. She said she will return to the stage for her third competition in March for The Green Mountain Thaw in Brattleboro.

“My goal is to feel more confident on stage and to make impact on the judges,” she said.

# Savoring Joel Gotta use the front door



*Continued from Page 5*

As we road into Port Authority to park, already I was amazed by the buildings that seem bigger than I can comprehend. After getting through the streets and lines, it was a short breeze to our suite where we waited and happily drank anticipating Joel’s grand entrance.

When he came on stage, the stadium erupted with cheering, but all I could hear was my own. The beer was cold, I was with my dad and best friend and I was watching Billy Joel play the piano. I was high off life. The lights scanned the crowd in different colors and patterns illuminating Joel at his

By Courtney Picone  
Castleton Spartan

Drunk? High? Used to using the back door to sneak past the Commnity Advisor (CA) without being questioned? Well this year, the back doors to the residence halls are locked after 11 p.m. , forcing students to face their CA with hopes of getting to bed without getting in trouble after their night out drinking and partying.

Emma Faucher, a CA in Babcock, likes the change because it provides her with a chance to make sure none of her residents are endangering themselves.

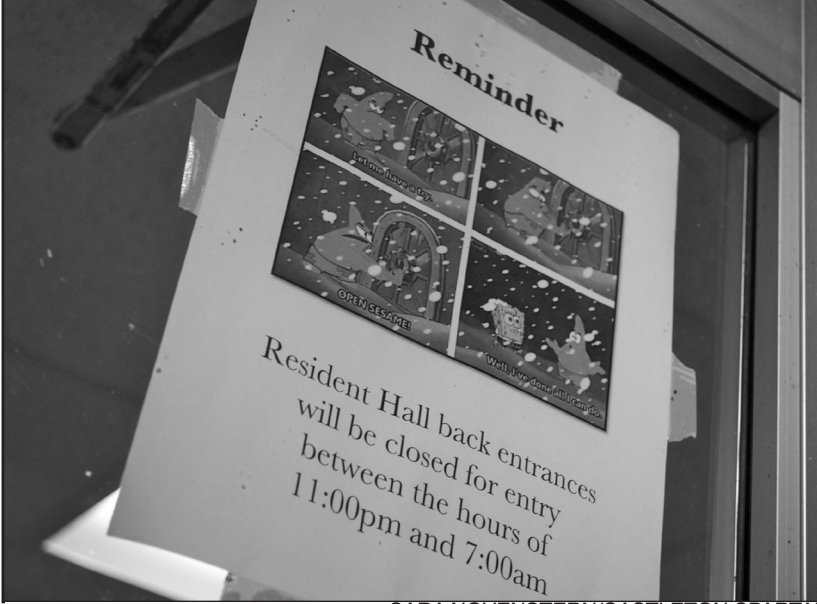
“I understand why students don’t like it. I’ve heard a lot of negative feedback from my past residents because I was in Adams last year. People just keep saying, ‘It’s stupid, it’s stupid, it’s stupid.’ Until I explain my side of it,” Faucher said.

Not all of the reactions are negative though. Kassidi Goodell, a freshman doesn’t mind it.

“I don’t know, I guess it doesn’t make a difference to me because I don’t know any different. I’m a freshman so this is just how it is. No biggie, I’ll just walk around,”she said.

Though just walking around campus, it’s easy to hear people complaining, but Area Coordinator Shaun Williams hasn’t heard any negative feedback from students.

“You always have to expect the worst, but so far I haven’t heard anything negative. It’s mostly for safety and monitoring



SARA NOVENSTERN/CASTLETON SPARTAN

**A sign on the back door of Wheeler Hall warns residents that they can’t enter after 11 p.m.**

the flow of traffic. If a student isn’t doing anything wrong, they shouldn’t mind. What would be the point in going in the back of Morrill if nothing suspicious was happening?” Williams said.

But sophomore Brit Moyna, who lives in Wheeler Hall, doesn’t like the change. She often comes from Hoff Hall and doesn’t want to have to walk around the building in the harsh winter.

Williams, however, said he probably

should get used to it.

“This community is very safe and friendly, so I don’t expect any changes anytime soon. It’s a positive change for the safety of the students,” he said.

# Pysch. students host active ‘Kids Night Out’



COURTNEY PICONE/CASTLETON SPARTAN

**Castleton area students play in Glenbrook Gym as part of the psychology department’s annual Kids Night Out event last week.**

By Courtney Picone  
Castleton Spartan

Glenbrook Gymnasium vibrated with excitement moments after area children were dropped off by their parents to take part in the third annual Kids Night Out.

The S.H.A.P.E. Gym was filled with sounds of laughing and yelling children, their voices echoing off the walls. Basketballs flew through the air, hula-hoops swung around and kids raced one another around on roller boards.

Castleton College students could be found all through the room as well, laughing and smiling as they played with the elated children.

But the fun wasn’t relegated to the gyms. A stop by the pool revealed even more kids, all lined

up and waiting to take their turns to jump off of the diving board. A back-flip competition started up, and collective groans could be heard when an aborted attempt turned into the harsh sounds of a belly flop.

In another room of the building, kids could play x-box games like Star Wars or jam out to Rock Band.

“We originally started the event to give parents incentive to drop their kids off for five hours to do some Christmas shopping and not have to worry about their kids,” said Justin Derosier.

The ‘we’ he spoke of pertains to volunteer members of Castleton’s psychology program, Applied Behavioral Analysis, a course facilitated by professor Terry Bergen.

“The kids liked it so much that we decided to do it every semester,” Deroiser said. We just want to provide an opportunity for the kids to hang out with their friends from school, as well as make a few new ones. We have kids that come out from Fairhaven, Poultney, and Castleton. It’s also a really great way to try and give back to the community.”

After a few fun filled hours running around the gymnasium, the kids went to dinner and then off to Herrick Auditorium to watch a movie.



# ‘Third time is a charm’ against SUNY Cobleskill

By Derek Fallon  
*Castleton Spartan*

The Lady Spartans volleyball team is still hoping to improve on its disappointing 8-12 season to date and is showing signs of life, picking up big wins recently against Massachusetts Maritime Academy, Husson and SUNY Cobleskill.

The girls were ecstatic when they beat Cobleskill, especially since it has been over two years since they had notched a victory against them.

“Wednesday night was an amazing game! We played so well together and just trusted each other! We knew coming into this game it was going to be a battle and it was so awesome to get a win after working hard all season,” said Captain Amanda Chambers.

The first two matches versus Cobleskill this year were



CHRISTOPHER WILLIAMS/CASTLETON SPARTAN.

**Castleton State College junior, Amanda Chambers rises up to make a play on the ball during a home match.**

marathons, with each going to five sets and the Spartans coming out on the short end.

But on Oct.15, the Spartans came out fighting, dominating the Fighting Tigers in straight

sets.

“Third time is a charm! “ said coach Nicole Kondziela

with a huge smile on her face.

“After losing the last two in five sets, it was nice to win

in straight three. The team is playing well together, as we have some conference games coming up.”

The Spartans great play has been lead by Amanda Chambers, who is playing a new position after injuries to Brit-tany Brayman, who leads the team in kills with 102. The injury has forced some play-ers to move to new positions. Sophomore Kelly Mills’ great defense on the net has also helped the Spartans pick up some big wins.

“This is just the win we needed to get us excited for our upcoming conference games!” said Chambers.

Looking ahead the Spar-tans have some big conference games on the horizon, with showdowns against Green Mountain, Johnson and Lyn-don State, followed up by the season finale against Norwich, at home.

# Spartans showcase superstitions

By Emmy Hescock  
*Spartan contributor*

Boston Celtics guard Jason Terry’s superstitions include wearing the shorts of the team’s next opponent to bed the night before playing them and wearing five pairs of socks in each game.

Kevin Rhomberg, who played with the Cleveland Indians, had a phobia of being touched. If Rhom-berg’s teammate touched him by accident or the other team tagged him out, he had the compulsion to touch them back. His compulsion wasn’t a liability, but made for some awkward situations.

But you don’t have to be a famous athlete to have a superstition though, as many Castleton student athletes il-lustrate.

Shelly Audette, a senior on the women’s cross-country team, says she always eats oatmeal and a banana before a race. She also always says a prayer and reads an inspirational quote to motivate her.

Co-Captain of the women’s ice hockey team Anna Daniels says she “has some odd ones that are pretty girly,” but she always does them any-way. Painting her nails pink the night before is one of her rituals, along with shaving her legs just in case she has to be taken off the ice on a stretcher, like she has been in the past. The motto she likes to play by is ‘look good, feel good, play good’.”

Paula Stephens, starting goalie on the women’s hockey team, said she loves to be rushed. Stephens likes to stay in her dress clothes as long as possible, and then have to rush to get changed fast. She also always chews gum throughout the game, and if she doesn’t have it, she gets anxious. She says she always puts her left pads on first and always stays on the left side of the ice while doing warm ups on the ice. And something she absolute-ly has to do before every period is hit



PHOTO CONTRIBUTED BY ALEXANDRA JOHNSTONE

**Spartan soccer player Justin Hepburn shows off his feather he wears for good luck when playing soccer.**

the left post, then right post and then cross bar with her stick. And for each period or overtime, she adds a rota-tion to her cycle.

Justin Hepburn, a junior on the men’s soccer team, said feathers are his thing. It started this summer while playing in a pick-up league up in Burlington. He found a feather by the sideline one game and put it in his sock. During the summer, he started doing some research and found out that in the supernatural world, feath-ers mean honor, and represent protec-tion and good luck.

“By honoring my bird totems, I call upon the wisdom of the birds,” Hepburn said.

Hepburn said his grandmother is closely related to Native Americans in Utah, so he feels even more con-nected to them. He now always has a turkey feather in his sock for good luck, in case he doesn’t find a feather on the sidelines or on the field first. That has never happened, by the way.

Meghan Blossom, a psychology professor at Castleton, says she’s not an expert on this topic, but thinks superstitions have to do with a dif-

ferent element of being out of con-trol for people. She says that people like to have control in their lives and superstitions are something you can control.

“Blocking out other kinds of dis-tractions helps them focus on a rou-tine or task at hand,” she said.

According to Damon Burton, a sports psychologist at the University of Idaho, a lot of superstitious rou-tines begin after an athlete has a good game

“However, more and more sports psychologists are trying to push ath-

letes away from superstitions and instead encourage them to develop strategies and mental plans that give them that consistency in their athletic performance. The concern is that, should the ritual/superstition/lucky item get interrupted or fail, athletes won’t be able to trust themselves and their own skills on the field, ultimate-ly undermining their performance,” he said in an “Outside The Lines” article published online.



COURTESY PHOTO

**Kristy Pinkham prepares for a shot on the ball during a game earlier this season.**

## Struggles continue for field hockey

By Andrew Cremins  
*Castleton Spartan*

The Spartans field hockey team dropped a tough game to the Thomas College Terriers in double overtime Saturday, 4-3.

“It was a great overall team effort and we just came up short,” said senior Karissa McCoy.

Castleton held Thomas to just one goal in the first half, but Thomas roared back and would overpower the Spar-tans’ defense in the second with two goals that proved to be the difference.

Kristy Pinkham led the Spartans offense scoring all three of the team’s goals and putting on her best offensive performance of the season.

Thomas scored first at 12:36 into the game, but

Castleton would then respond with two goals by Pinkham.

Pinkham netted her first of three at 22:54 and followed it up with another five minutes later giving the Spartans a 2-1 lead going into the half.

The Terriers got the scor-ing going first in the second half with two goals, roughly 10 minutes in .

Pinkham got her hat trick and evened things up 3-3, six minutes after Thomas’s third goal.

The teams would stay tied heading into overtime, where both were unable to end it forcing a second overtime.

The Terriers finally struck gold when Brittany Premo shook a couple Spartan de-fenders and put in the game winner.

It’s been a difficult season

for the Spartans. This loss was their third in a row and they notched one win back on Oct. 11 against New England Col-lege.

McCoy said it was very back and forth game, but Thomas answered the bell when opportunity presented itself.

The Spartans finished with 12 shots on goal, seven of which were fired by Pinkham. The Terriers finished with 28 shots on the day.

Castleton drops to 1-12 overall and 1-3 in NAC play. They will travel to Middlebury Oct. 21 one of the three last games of the season, then finish the regular season at Coby-Sawyer and Renssaeler.

# Spartans slay Eagles

By Mike Davis  
*Spartan contributor*

The Castleton Women’s soccer team took a short 15-minute ride to Green Mountain College Saturday for a 1:30 p.m. NAC show-down with the Eagles in a heavy downpour.

The Spartans, at 8-6-1 overall and 5-1-1 in the NAC, continued to roll through con-ference play as they shutout Green Mountain 5-0 and had an outstanding effort from their young group of players.

The team continued to dominate defensively by holding the Eagles to only one shot on goal. The Eagles dropped to 2-11 overall and 1-6 in NAC play.

The combined effort of sophomore goalie Jess Binkowski and freshman goalie Olivia Maher led to the seventh shutout of the season for Castleton.

“We work really well as a unit and didn’t allow them opportunities to shoot by communicating throughout the whole back,” Binkowski said.“

Binkowski has started all 15 games at goalie for the Spartans this season and has proven to be one of the top goalies in the conference.

“I definitely have a lot of help from my defenders in front of me. They allow minimal shots each game, which allows me to be confident,” she said.

Castleton controlled the tempo of the game right from the opening whistle and the would quickly find the score-board when junior midfielder



COURTESY PHOTO

**Castleton’s Eva Clark dribbles past a defender during a home game.**

Jess Phillips drained her sec-ond goal of the year just three minutes in the first half.

She wouldn’t be the lone scorer for long as four other different Spartans would go on to score as well, including one goal from seniors Jenna Bostwick and Justine Rotz, who scored her first goal as a Spartan.

Castleton outshot the Ea-gles by 28 shots and made it very difficult for the Green Mountain to do anything of-fensively.

“We’ve been putting in

a lot of hard work at prac-tice and our coaches are so dedicated to help us at getting better, but most importantly we have great team morale,” freshman Casey Rodenberg said.

The Spartans will next play at Maine Maritime on Oct. 25.



# Equestrian team competes at UVM

Castleton's Equestrian Team recently traveled to UVM for the first Intercollegiate Horse Show Association's approved Zone 1 horse show of the season where riders compete at all levels. Team members draw horses provided by the host school. Members say it's challenging because they ride horses they don't know. Castleton had 12 riders compete and all placed. Pictured is Coral Torelli, during a recent show at Middlebury College.



COURTNEY SHANNON/SPARTAN CONTRIBUTOR

# XC teams look forward to NAC championships

By Kaylee Pratt  
Castleton Spartan

The Castleton men and women's cross-country team are looking forward to hosting the North Atlantic Conference (NAC) Championships after coming off their last race at the Green Mountain Invitational this weekend. It was a hard fought battle for both teams, competing against four other schools and finishing within strides of each other. While the men managed to finish in second place, just 20 points shy of first, the women were able to clench a third place finish, which was one point short of second place. The men's main focus was to see how close together they could get there top five performers, freshman Grandon Smith said.

"We treated this race as more of a benchmark to see how far we could push each other rather than really going hard at the competition," he said. Smith, who has earned NAC Rookie of the Week four times this season, was also a Spartan top-finisher this weekend, claiming third place with a time of 27:30. Other top-ten finisher's for Castleton were Jonah Lavigne, who brought home a sixth-place finish with a time of 28:13 and Matt Woodward who fell just behind in 10th place, a time of 29:14. Even though he didn't place a top-ten finish, Spartan's Patrick Gilligan had his a career best finish, coming in 14th place. "My overall performance was better than I expected. It was exciting to finally come in

the top-15 for the first time in my college career," Gilligan said. Still looking forward, the men are very excited about hosting the NAC Championships. Unlike other sports, Smith said home field advantage makes a huge difference. "We have a pretty solid top-five this year and if everyone stays close together and puts up a fight we will do some serious damage. We have a real shot at taking home the trophy this year," he said. For the women, it's all about staying focused and putting in the effort that will help them do well in the championships. This weekend the women had three top-10 finishers just as the men did. Freshman Elizabeth Bassette, who has been a Spartan top finisher six times this sea-

son, came in second place this weekend with a time of 20:32, which was only six seconds behind the leading runner. Not only has she been a top finisher but she has also earned NAC Rookie of the Week three times this season. As for the rest of the top ten finishers, Caitlin Ryan held a consistent pace, earning her a sixth place finish with a time of 22:05. Right behind her was Senior Shelly Audette with yet another solid performance, grasping tenth place with a time of 22:18. "I was hoping to get a personal record yesterday, but I was still happy to be able to race and get 10th. I think everyone on the team did great and tried their best and it was great to have so many people in the top-15," Audette said. Now moving into cham-

pionships in a few weeks, Audette has mixed emotions about having home field advantage. "I am a little nervous that it is at Castleton because I don't want to let my team down, but I need to stay focused and mentally prepare myself," she said. As for the team's performance, Audette thinks they will compete very well. "I think the team will perform strong because we have been able to practice on the course a lot. I am not sure how we will place because it all depends on the effort and determination given on that day," she said. Both men and women will host the NAC championship on Nov. 2 with the women starting at 10 a.m. and the men will follow at 11 a.m.



CHRISTOPHER WILLIAMS/CASTLETON SPARTAN

Nicholas Romeo celebrates with teammates after intercepting a pass against Anna Maria College Oct. 11.

# Castleton topped by Mount Ida 26-21

By Derek Fallon  
Castleton Spartan

The Castleton football team was off to its best start in team history taking a record of 4-1 into the Saturday matchup against Mount Ida College. Players were confident going into the game and were hoping to continue the momentum. "It is a great feeling that we are winning, but we don't want to think too far ahead. We are all working as hard as we can in practice to reach our potential and there's always room for improvement," said senior wide receiver Kevin

Alberque, when asked about their success this season. But while the Spartans rolled onto the campus of Mount Ida College riding high after two big wins the previous weeks, that high was quickly extinguished as the Mustangs came out ready to play, jumping out to a quick 14-0 lead by the end of the first quarter. By the end of the game, they were on the short end of a 26-21 final score. "We got beat up little today in the first half," said coach Tony Volpone after the game. "We couldn't capitalize on some red zone chances and we

had a lot of missed opportunities" The bad luck continued for the Spartans in the second quarter when quarterback Tyler Higley went down with an apparent injury. He will be getting an X-ray early this week according to Volpone. Backup quarter George Busharis came into the game and played well, going 17-40 for 206 yards and three touchdowns. Castleton receiver Soren Pelz-Walsh would add a late first-half touchdown from Busharis to get the Spartans on the scoreboard and cut the lead to 26-7 at the break.

In the second half, the Spartans looked like a totally different team, mainly on defense, which totally shut down the Mustangs offense. "We made some defensive adjustments at halftime, but some late turnovers on offense put us in a bad position," said Volpone. The Spartans would add two touchdowns by Tyler Combs and Troy Dane, but the late turnovers Volpone spoke of would cost the Spartans the game, leaving them short by five points. "We shut them out in the second half going 14-0, but

unfortunately there are no moral victories. Tomorrow is another week and time to prepare for another opponent," said defensive lineman Brett Denning. This tough loss comes after the Spartans set some new records from the previous weeks. They got the first shut-out in program history, beating Becker 24-0. They also scored the most points in program history in a rout against Anna Maria 65-9. The Spartans next game is against Husson at home on Oct. 25.

# Spartans shutout by Union College 2-0



TORI PIZZUTO/CASTLETON SPARTAN

Bryce Kaler dribbles with the ball during a home game earlier this season.

Isaac Devoid  
Castleton Spartan

The Castleton Spartans men's soccer team suffered a 2-0 loss against Union College on Saturday Oct. 18. The match may have scarred the Spartans with some battle wounds against a tough non-conference opponent, but Coach John O'Connor feels the team took a step in the right direction. "I thought we played very well actually for what we were trying to accomplish ... we gained a lot this game," he said. A failed Spartan clear set up the first goal for the Union Dutchmen as Andrew Fontaine was able to collect the ball and beat goalie Amir Pasic to put the Dutchmen up 1-0. Castleton continued to

battle, however, thwarting numerous Union opportunities. The defense was anchored by Amir Pasic, who received his first start of the season and recorded three saves. O'Connor was very excited to have Pasic playing after seeing sit out the beginning of the season with an eligibility issue. In the 62nd minute, Blake Hart fired a shot creating a great opportunity for the Spartans, but it sailed just wide. Moments later, Bryce Kaler sent a blistering shot the right corner, but was robbed by the Union goalkeeper. Andrew Fontaine tallied his second goal in the 75th minute when he sent a shot to the top right corner to beat Pasic. Kaler said he is excited to continue conference play



# Sports Talk

with Spencer Dandurand

With the blink of an eye, we find ourselves in the final weeks of fall sports. With the culmination of a regular season schedule comes a night that every 4th year student athlete circles on their calendar: senior night. With the well-deserved celebration comes one last opportunity to represent your school in front of a home crowd, and in the final days leading up to that opportunity it's hard not to reflect on your time as a Spartan athlete. Personal accomplishments often come to mind when reflecting on your athletic career, but, like many Spartan athletes, senior wide receiver Tyler Combs has a very unselfish outlook on his final days as a player.

"Everyone plays their last game eventually but I'm just trying to enjoy the time I have left with my teammates and leave our program going in a positive direction," Combs said. The "team-first" attitude is one that has been instilled in the foundation of every sports program at Castleton and has led to many successful seasons. Those who have been lucky enough to win conference championships share a bond with their teammates that many will never get to experience.. However, the bond built while simultaneously working toward that common goal is one that is far more valuable than a trophy or plaque. Senior Jenna Bostwick, a member of the women's soccer team and two-time NAC champion, is taking away much more than titles from her time as a Spartan. "I will never forget the friendships that I've built that have made the memories so special that I will always look back on," Bostwick said.

Senior men's soccer player Vinny Addonisio echoed Bostwick's statement, while also describing his potential thought process in his final games in a Castleton jersey. "I see myself looking back and being thankful for the run we had and the teammates that I came up with. Not many people get this opportunity, and I'm grateful for the opportunity just to play on this team."



## SGA plans cable forum

By Peter Vaughn and Isaac Devoid  
*Castleton Spartan*

An Open Forum on the controversial cable TV issue on Castleton’s campus is high on the Student Government Association’s agenda – and will likely be held within the next week or two.

Last June students were notified of the termination of cable, but it came with a promise to quintuple the bandwidth providing faster Internet speeds to stream applications like Netflix and Hulu.

The Open Forum is not yet scheduled, but SGA members say it will be an event for students and faculty to discuss the ongoing issues surrounding cable and Internet.

SGA leaders at their weekly meeting last week said they understand many students are upset with the changes and termination of cable on campus.

“Wrong move college; student’s aren’t liking this,” said delegate Emma Faucher.

However, not all SGA members agree with reinstalling cable.

“There really isn’t money to make the change,” said Hollie Nop, SGA secretary.

Matt Patry, director of Student Activities, was concerned about student’s ability to access the news. He brought up the example of the Boston bombings and how everyone was huddled around the screen watching the coverage live.

Catherine Wielgasz, vice president of academics, is worried about possible illegal actions being taken by students due to the lack of cable.

“They’re looking to us,” said Wielgasz. “They must find ways to watch their shows.”

The forum, to discuss issues like these, is being spearheaded by Faucher, who feels it is among her duties as delegate to help solve problems on campus.

“The students deserve to get their voices heard by school officials,” she said

Dean of Students Dennis Proulx understands the students dissatisfaction, but stressed the reasoning behind the loss of cable.

[Continued on Page 6](#)

## Annual ghost stories haunt the FAC



SARA NOVENSTERN / CASTLETON SPARTAN

**A creepy clown lurks in the shadows as a part of the annual Haunted Fine Arts Center event.**

By Callie Ginter  
*Castleton Spartan*

Generally when you walk into the Fine Arts Center, you don’t hear blood-curdling shrieks coming from behind closed doors or witness students cry-

ing or hyperventilating, trying to catch their breath.

But the weekend of Oct. 25-26 was no ordinary weekend there.

The theater department once again hosted its annual haunted FAC tour as a prelude to Halloween. The tour featured costumed students jumping out

at you from every corner, a disturbing clown, and true stories about the haunted Art House.

“It is relatively terrifying for college students,” said sophomore Alexa Fryover.

It was apparently terrifying enough that freshman Abby Borthwick had a nightmare about the creepy clown, fell out of bed, and sprained her arm, according to friends.

And as always, the haunting of students focused a lot on the Woolridge House, dubbed the “art house,” behind the FAC.

The house has a troubling, reportedly true ghost history behind it. What is currently used as studio space for art students, was formerly a daycare, orphanage or an old house with a family. However, all the stories you here claim the art house had a fire and children were killed, said junior Brittany Rathburn who was the tour guide.

But that’s not the whole story.

“About four to five years ago, the haunted FAC tour went through the art house and people would always comment on how scary it was, but how the scariest part that year was the little girl at the top of the stairs. There wasn’t a little girl stationed at the top of the

stairs that night,” Rathburn said.

And it doesn’t end there.

“There is other evidence of the little girl living there too. Apparently, at one point they painted the floors in the art house and left it to dry and they found a child’s footprints and hand prints and when they painted it again the same thing happened,” Rathburn said.

Art professor Jonathan Scott, who has taught here for 25 years, said he’s heard that the Fine Arts Center is haunted, with odd things occasionally happening on stage, but he said he hasn’t heard of the little girl story in the Woolridge House.

“That sounds like a good story. I don’t have anything like that so go with that one,” he said.

Junior Chelsea Pine was one of many students that night who was more than a little scared by the event. Lying on the ground catching her breath she said, “I probably should have peed before ... I am sweating in places I didn’t know I could sweat.”

Senior Cameron Scully was one of the guides for the tour that night and said he thought the event was very successful.

## A Kareckas cornucopia

By Kaylee Pratt  
*Castleton Spartan*

As he sits in his office, a cluster of odds and ends surround him including two lacrosse sticks, paperwork, a Dell computer, four jugs of Vermont maple syrup, and a red bicycle. If you look up, you’ll see plants hanging from the ceiling, which are carefully watered from the condensation that drips off the sealing pipes.

Clever right? Yeah, some might say that.

But for Kevin Kareckas, area coordinator of Residence Life, innovation comes easy.

When he isn’t walking around campus, greeting each person as they walk by with a smile on his face or doing other duties an area coordinator is required to do, he sits comfortably in his office on a large blue yoga ball. On his feet he wears brown sport sandals with light brown khaki pants and a button up t-shirt.

If it were a Friday however, he would be sporting some sort of Hawaiian shirt for what he calls “Hawaiian shirt Friday.”

Mike Robilotto, director of residence life, said Kareckas has stayed true to this tradition since he began work at Castleton nearly three years ago.

“Anyone that knows Kevin, knows that he is not like your everyday regular area coordinator. He brings a different mindset; he really thinks outside the box,” Robilotto said.

In the past, Kevin would celebrate what he called “sweet treat Tuesday,” where he would bring a different treat to the Residence Life office every week.



COURTESY PHOTO

**Area Coordinator Kevin Kareckas performs at an open mic night at West Coast Tacos.**

“He is such a giving person, Robilotto said. “When he goes it will be a big loss to the department because he represents residence life and he is really for the students, with the staff and loving Castleton.”

He said Kareckas was the guy who went door to door to meet everyone in the office, which is very unusual today. He wanted that personal connection.

From then on, Robilotto has had a great relationship with him. He said Kareckas knows his family well and

even watches his dogs for him on occasion.

What many may not know is that he thinks of himself as a bit of a closet introvert.

“The older I get, the more I realize how much energy I get from being by myself. I am very outgoing and I enjoy being social, but I also really value alone time,” Kareckas said.

That’s why his canoe is a one-seater and it’s the reason he has a tail bag on his motorcycle.

“I like cruising with other people, but its kind of something I can do to get away on my own,” Kareckas said.

He also loves to make music.

It’s not everyday you hear a rap song about bedtime, pancakes or Crocs.

[Continued on Page 6](#)

## One mother’s triumph over tragedy



SARA NOVENSTERN / CASTLETON SPARTAN

**Carmen Blandin Tarleton and her daughter, Liza, smile for the camera after the Oct. 23 Soundings event in the 1787 Room.**

By Molly DeMellier  
*Castleton Spartan*

It took over six years and more than 60 times under a knife for her to get where she is today. The blood of countless strangers pumps through her veins mixing with what is left of her own supply to power her pulse. The face of a woman she never met lies over where her own once radiated.

When she became an eligible candidate for her final surgery, a face transplant, she didn’t ask for extra collagen, or liposuction, or to make her cheekbones really pop. She asked for a face that reached her trachea, to have a left ear, the ability to blink, and vision in at least one eye.

Her name is Carmen Blandin Tarleton and on Oct. 23 she spoke to a tear-filled 1787 Room comprised of an array of Castleton campus community members and a film crew from ESPN’s weekly news magazine show E:60.

“Life took everything from me,” she said. “My eyesight. Half my hearing. My looks. My career. My financials.”

In the front row during her speech that was featured on ESPN as part of its coverage of Domestic Violence

Awareness Month on Oct. 28, sat her daughter and Castleton senior Liza Tarleton. Surrounded by her friends and the women’s rugby team, Liza proudly supported her mom as the horrors of their past blended with the serenity that has finally become their present.

“The whole thing is very surreal,” Liza said.

On June 10, 2007, 14-year-old Liza and her 12-year-old sister, Hannah, locked themselves in the bathroom of their family home and called 911 as Carmen’s estranged husband beat her with a baseball bat and doused her with industrial strength lye.

After three-and-half months in a medically induced coma, Carmen awoke to a new reality with permanent disfigurement, burns that covered over 80 percent of her body, and blindness; but it was a reality that came just five days before Liza’s 15th birthday.

“I was very excited that I hadn’t missed it,” Carmen said.

[Continued on Page 6](#)



# Fresh Perspective



These past couple of weeks have been crazy for me. I'll be honest, it's been a while since I've been this stressed. These columns are usually informational, opinionated, and riddled with a touch of advice and just a pinch of sass.

But today, I am having the hardest time keeping my mind focused on writing this article and making sure that it is good enough to read. There are too many thoughts in my head.

Before writing this, I had typed up two different drafts about high school relationships and how hard they are to keep up once starting college, but I just couldn't get my thoughts straight. I am also the kind of person who would rather submit no work, than substandard work.

Usually when I have a lot on my mind, I write in my journal. That allows me to clear some space in my brain for other things. I think we've all experienced stress and we have all been overwhelmed before. College is a stressful place, and as freshmen, the newbies here, we sometimes let it consume us.

I'm hoping this article will be a different type of informative and that you will take from it the message that you're not alone when it comes to stress. Everyone feels it, even if they

put on a happy face and don't let you see it.

We all have different ways of destressing whether it be talking to someone, making a list and getting things done, or in my case, writing.

Now that it's time to register for second semester classes, you might start getting more stressed. I completely understand. It seems like we just got settled, and now we have this change that is coming quickly that we can't avoid. I mean, come on, we just got used to our schedules and now you are making us change them again?

I, along with almost every other freshman, understand that struggle, but that's life.

I've always thought that change is coming no matter what, and you either face it head on and adapt, or you let it push you to the side and move on without you.

If you push through it and keep in mind that in the end, it will all be worth it, you will get through it. There is always a light at the end of the tunnel. Sometimes you just have to keep walking in order to see it.

Just like this article for example. I started writing it with the doubt that it will be good enough to share. I thought that I had a case of the classic and ever-so cliché, writers block. But little did I know that if I kept writing, I would end with a piece that has just the right amount of opinion, information, and advice.

Take it from me, if you are stressed, push through. If you keep your mind to it and think positively, you will always come out on top.

-Carly Trombley

# Letter to the editor: Spartan needs more politics

I found it disheartening how little coverage of state, local, and national elections was found in the *Castleton Spartan* in the issues leading up to the mid-term elections.

While the major news organizations are likely to ignore or give only passing mention of issues that affect young adults, it is surprising to me, and disappointing, that a student newspaper would not make the connection between the election and so many issues that will have an impact on the lives of its constituents.

Among those national issues are healthcare, climate change, net neutrality, the cost of higher education, and the structuring of student loans, and the list of state and local issues that will affect students' lives is just as long.

Yet in the issue of the *Spartan* preceding the mid-term elections, the only article with information for students to use to prepare themselves to exercise their vote was found on the third page of the paper and beneath important, but less timely stories about pressures on seniors, study in Belize, and a profile on a new faculty member.

The propensity to ignore political news and miss the opportunity to use the paper as a vessel for broadening political dialog on campus perpetuates the perception (which is likely more than mere perception) of student apathy on campus.

Castleton is making bold steps to increase civic engagement among its students, to help them make connections between the problems that plague our communities and the policies that stem from political activity.

We are making strides in responding to President Wolk's encouragement to make a difference here at Castleton and prepare to make a difference in the world beyond college. It would be fabulous if the *Spartan* were to be a partner in those efforts.

- Rich Clark, associate professor of political science

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*\*The Spartan is the official student newspaper of Castleton. It functions to inform, educate and entertain readers accurately and responsibly. The College, its administration, faculty, student body and staff are not responsible for the content of the newspaper.*



# Proud and perplexed

I was really inspired last Monday. A story by Justin Hepburn, one of my Feature Writing students, was re-printed from *The Spartan* on the front page of *The Rutland Herald*. He was fielding well-earned kudos all day, including in an email from President Dave Wolk.

A day later, I was inspired again because it was *Spartan* Editor Molly DeMellier's turn. Her story on Emma Faucher being awarded a \$15,000 scholarship to study in New Zealand graced the *Herald's* pages as well.

And with both stories were pictures by *Spartan* Photographert, Christopher Williams.

Their joy from getting that taste of being published at a higher level led me to dig through a box when I got home and dust off a scrapbook of my own Herald clips from 1988-89. It's funny, the one I remembered and the one I wanted to find dealt with the Old Chapel being put back into use after a renovation.

It sticks out because I remember my photo ran with my story. I remember being so proud of myself. I had forgotten other stories I had written about the Haunted Fine Arts Center, higher voter turnout among students, the region's tourism business and what local high schoolers say makes a good teacher, so it was great to see those again too.

Seeing the happiness of my students brought me down memory lane, but it

also made me reflect of the relationship between The Rutland Herald and the communication department. Often Herald editors will peruse the castletonspartan.com website and ask to reprint stories. I always say yes, as long as they give the students proper credit and they graciously agree, often even including little bios.

They also host interns every year, and currently there are at least six former Castleton students getting paid to write either part- or full-time there.

Editors graciously come to my Ethics class to discuss journalism ethical issues including how to diversify the *Herald*, and they listen and implement suggestions from us.

In a time when journalism is trying to once again find itself, this relationship is helping my students build a resume and helping the *Herald* better cover the region.

Win, win, right?

Now for the perplexed part.

The paper that I have worked for full or part-time since 1990, has a no intern policy. We did have interns until we were purchased by a chain and then fear of legal action for having unpaid interns apparently led to the decision to just do away with them.

A couple of years ago, I pleaded with the company's CEO seeking to undo that. I told her journalism students need clips and newspapers need reporters. I gave her the win-win cliché.

She seemed interested, forwarded it to underlings and the dialogue was started.

That was October 2012. The next spring, Bryanna Allen, now working at the *Rutland Herald*, was interning at The *Post-Star* and I was getting thanks from *Post-Star* editors for reintroducing students working for college credit into the newsroom.

She got great clips, including an interview with Rachael Ray, and the *Post-Star* got an intern capable of covering various events. One of the *Herald's* editors, Alan Keays, said it was those clips that helped land her the reporting job.

Fast forward to today and interns are again out of the picture at my old paper.

I guess lawsuits by interns challenging whether they should be paid for interning has again chilled the chain.

What troubles me is I stuck my neck out, succeeded, and then failed. And to me, the losers are the students and the newspapers and professors like me – who don't get to enjoy that inspired look on the student reporters' faces when they get their first big clip.

So thank you *Rutland Herald* for continuing to provide that for us and I hope my old paper sees the light and weighs the overwhelming good of these relationships against the fear of legal action.

-David Blow, Spartan Advisor

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# 43 years of war

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Sponsored by members of the Social and Political Activism class.

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# Students working to improve image in town

By Catherine Twing  
*Castleton Spartan*

Early this semester the freshmen class earned a reputation for causing trouble. Various solutions have been proposed to help change that with a goal to help students respect the town as their new home.

Community service, college officials say, is one way to drive that message.

“The first-year students who come to Castleton become part of a community,” said English professor Chris Boettcher. Doing community service, he said, “helps them recognize the way they are a part of a larger community beyond the college.”

Led by their First-Year Seminar instructors and Student Orientation Staff leaders, dozens of first-year students have been taking part in a variety of service activities throughout the town of Castleton.

Boettcher’s FYS group helped move historical society items from the old town hall to the historical society’s new home in The Higly House Museum on Main Street.

Tegan Waite, one of

Boettcher’s first-year students, said the effort was meaningful.

“This is our home for the next few years and having the opportunity to get to know the community on a personal, and in my case, historical level, really gave me the sense of unity,” she said.

Freshman Trinity Ford and Josh Lamb agreed.

“I thought it was great because we were helping out the community while gaining closer relationships with each other,” she said.

“Giving back to the community is something both you and the town win from,” said Lamb. “You establish connections with your new community while making it a better place for the people who live here.”

Sociology professor Bill Kuehn’s has been doing a project with his first-year students for several years now.

The group goes to the Nature Conservancy a few times during the semester to pick up trash and clean up burn piles in the area known as a common dumping ground for locals, said Emma Blaiklock, one of Kuehn’s students.

“The road is several miles long and our group divides up into three sections and walks

the road to pick up whatever we find,” Blaiklock said.

Most commonly they find common debris like fast food bags and alcohol containers. Some of the burn piles, however, are tested for hazardous chemicals in hopes of gaining funding to clean up the area.

Art professor Oliver Schemm’s Intro to Studio Art class is another FYS class doing a project for the town. Schemm’s group is making little libraries to put around town. The libraries are small boxes that will be filled with books for anyone can take and read.

The idea came from librarian Charlotte Gerstein, who made the connection between Schemm and FortySeven Main St., a home for young men with mental disabilities. The young men built the libraries and Schemm’s class decorated them.

“The point was to get a sense of a different community (FortySeven Main Street), but also help our own community (Castleton),” Schemm said.

He added that Castleton students benefit, the library benefits and it helps to beautify the town.

The students were very excited about their projects as



CATHERINE TWING/CASTLETON SPARTAN

## Students paint little libraries as a community service project.

they painted the libraries during their Wednesday morning class.

“We consulted with Charlotte and she gave us an idea of what she wanted,” said Kate-lynn Wedin, one of Schemm’s students. “It’s a good experience consulting with people. It’s experience with customers for the real world.”

Shannon Haggerty, another of Schemm’s students, sees

the community benefit in the project.

“I think it’s pretty cool. Especially for a small town,” Haggerty said. “This town is about community, so it will be a good addition.”

Chrispin White, director of the Center for Study and Support of the Community, said that getting first-year students to volunteer in the town is “vitaly important” to both the

success of the student and the community.

Because many students aren’t from Castleton, it’s important to get them out in the community and give them a chance to meet residents, he said. This way the students will learn to respect the town and vice versa, he said.

# Alumns to get web page update

By Catherine Twing  
*Castleton Spartan*

The commencement tent has been taken down, diplomas have been given out and the party has come to an end. You probably think your impact at Castleton is over, right? Wrong.

“You will be an alum for a lot longer than you’re a student,” said Ceil Hunt, Alumni Association president.

Castleton’s Alumni Office has over 13,000 alumni in its database and over 100 alumni currently employed by the college in some capacity. The challenge, office officials say, is maintaining a connection with those thousands of individuals who range in age from their 20s to their 90s.

Alumni often forget to update the college when they move or when they change email addresses. Many do not realize their Castleton email accounts are still active and therefore miss important messages regarding alumni activities, alumni officials said.

As the Alumni Office steps into the 21<sup>st</sup> century, however, updating alum about college activities and vice versa might not be such a difficult process.

Although the office uses many methods of communication, Vy Swenson, director of Parent and Alumni Relations, said most alumni are notified of events through the magazine, which is sent out twice annually.

“You’re talking about decades, centuries of people who communicate differently,” said Katy Munger, director of Digital Media. “It’s not about figuring out how you contact all your alumni, because you’re not going to find one solution to talk to all of them. We will reach different people if we send them an email, if we send them a letter, if we call them.”

Alumni contributions are crucial to the college’s success because alumni support the scholarship fund, maintain traditions and most importantly, provide current students with networking opportunities.

In November, the Alumni Association, in connection with career services, will be holding its annual senior social where current seniors meet with past graduates who are working in their desired field.

“That personal connection makes a huge difference,” Swenson said. “That’s our goal, to have as many alumni be able to reach out to even one student. They could change their life.”

*Continued on Page 6*



PHOTO ILLUSTRATION BY JIMMY BRITT/ CASTLETON SPARTAN

# Is heroin here?

## School and police officials say yes, but it isn’t prevalent

Jake Covell  
*Spartan Contributor*

Over the past few weeks there has been a transition at Castleton, from warm summer days to chilly fall ones.

And while Vermont is known for its changing seasons, it has been going through a different transition over the past few years, a transition from a quiet ski town state, to a state with the second largest per capita rate for treated heroin and opiate addicts.

Now Vermont finds itself trying to transition back.

A mere 68,880 feet from Castleton College’s campus is the city of Rutland. In a car, the drive takes roughly 15 minutes to cover the 12.1 miles. Rutland is one of many cities that has felt the full effect of the heroin epidemic in Vermont and happens to be the closest city to Castleton.

But has the school or its students felt any crossover from the problem in Rutland?

Is heroin at Castleton College?

According to Keith Molinari, head of the college’s Public Safety Department, heroin may be having an effect on the thefts at Castleton, although he said it is isolated.

“While we have no direct incidents of heroin use on campus specifically, we have had thefts on campus that were to support a heroin addiction,” he said.

The incident he spoke of made headlines in the *Rutland Herald* on Oct. 22 with the arrest of former student Heather Berenyi for stealing library books and pawnning them in Rutland to feed her heroin habit.

But Molinari said the incident took place last spring and he hasn’t come across other instances of heroin related crime.

Students like Aaron Wallace and Christopher Williams say while they haven’t seen anyone use heroin, but they have known former students from Castleton who have tried

it.

“I think there’s a possibility of use (here). I mean I’ve known one person who’s tried it,” Wallace said.

Williams mirrored these observations.

“Yeah I think that in small ways it has affected the community,” Williams said.

Williams also revealed that his former friend died from an overdose of a similar opiate called dilaudid.

Many Castleton Students like Olivia Janus often take the turn onto Route 4 in Castleton and make the quick drive to Rutland to go shopping or get a bite to eat. But do they feel comfortable in the city that has gained notoriety?

“Yeah, sometimes it’s kind of sketchy there. I’ve just heard stories and stuff,” Janus said.

For Rutland police, the heroin epidemic is something officers have gotten used to.

“Two years ago at one point I could find needles on the street on a weekly basis,” said

Sgt. Matthew Prouty, who has worked for the Rutland City Police for 15 years.

Prouty said heroin has been a problem for the past four years, but he believes the situation is better than most realize.

“I think the public perception sometimes is that the sky is falling, but really that’s not the case,” he said.

Prouty said he has a lot of confidence in the new initiative Rutland is taking, called Project Vision.

“The key is engaging the community,” said Prouty, adding that being able to work with social workers and parole officers more hands-on has been extremely helpful.

Another source of relief for the heroin problem is the new methadone clinic in Rutland, which Prouty said is already treating its fair share of patients. Prouty did, however, show concern about drugs like Suboxone and Methadone, pointing out that they can be altered and used for the wrong

reasons.

While there are signs of the problem subsiding in Rutland, Prouty says it’s inevitable that many areas of the state will see some small effects at one point.

Castleton Police Chief Peter Mantello agrees.

“We have had burglaries that are probably from drugs. We can’t directly link them to heroin, but were pretty sure it’s the drug of choice for past criminals we had issues with here,” he said.

For the most part though, Castleton has remained the same and this fall feels like many of the past ones, students and officials say. It’s hard to say that Vermont’s heroin problem hasn’t affected Castleton in any way, but certainly isn’t prominent at the school.

“It has branched out and definitely had some impact on smaller towns just like here at Castleton, but we haven’t seen it as a prevalent problem yet,” Mantello said.

# Keene’s Pumpkin Fest spirals out of control



COURTESY PHOTO

## Castleton junior Scott Peterson poses in front of police at Pumpkin Fest in Keene, N.H.

By Jorah McKinley  
*Castleton Spartan*

If you think tensions are high between the Castleton community and the col-

lege, imagine what it’s like in Keene, N.H. these days.

The Keene New Hampshire Pumpkin Festival is always a party, one that Castleton students frequently venture to. But this year Keene State

students and visitors took the party to level that no one expected.

By early evening, Oct. 18, there were police in riot gear, bottles being thrown through the air, tear gas, fires and flipped cars. The town was trashed.

“We showed up to a huge day party with a couple hundred people and everyone was throwing cans and bottles in the air,” said Jake Covell, a Castleton senior.

It wasn’t long before people started getting hit, and it started getting dangerous.

“Next thing I knew riot squads were breaking stuff up. It was fun, but it got out of hand quick,” Covell said.

Out of hand might be an understatement. As the night went on the cops were becoming more desperate to control the crowds.

Callie Ginter, a Castleton junior, remembers cars barely being able to get through the streets.

Castleton student Andrew

Cremins said there were hoards of drunken college kids on every single street, at every party house and everywhere you looked.

“At one point, we went to a party, and in the back yard was essentially a mob of people,” Cremins said. “In the middle of that mob was a big empty gap where a few dudes were standing, yelling and throwing stuff into the crowd that surrounded them.”

This started a chain reaction and soon beer cans, bottles, basketballs and even shopping carts were being flung in every direction.

That’s when the police showed up and released the tear gas.

Cremins made his way through a cloud of gas, “basically making it impossible to breathe.”

Another Castleton student, Victor Cucullo felt the effects of the tear gas long after after it was released.

“I remember walking through an area where the cops

used tear gas an hour before and I still felt it,” Cucullo said.

By the time night fell, the streets were flooded, Ginter recalled.

“There were helicopters flying over with spot lights yelling, ‘Please evacuate! This town is on lock down!’ Pretty scary,” Ginter said.

Questions have arisen in the media coverage of the event as to whether the use of tear gas on a bunch of drunk kids was a bit extreme?

Covell didn’t think so.

“People were getting hurt, and it’s hard to control those situations without things like tear gas,” he said.

So what caused it? In Covell’s opinion it was just drunken stupidity.

“I think everyone was just really drunk and trying to have fun,” he said. “Some people just started doing dumb things, and when everyone’s drunk, it catches on.”



## A minute with Michael

Michael Sabataso



Question: What would be your campaign theme song if you were running for political office?



Emily Hudson  
Junior

Mine would be “This Girl is On Fire” by Alicia Keys.



Sara Nadler  
Freshman

My campaign theme song would be “Don’t Stop Believing” by Journey.



Mariah O’Hara,  
Junior

My theme song would be the remix of “Turn Down For What” and it’s called “Turn Out the What.”



Zach Hampel  
Sophomore

I would choose one of two songs. The first song would be “We’re Not Going to Take It” by Twisted Sister because of the message it delivers. Or “You’ve Got Another Thing Coming” by Judas Priest.



Matthew Eaton  
Freshman

My campaign theme song would “100” by KB.



Joey Callahan  
Freshman

My theme song would be “Red Neck Yacht Club.”

# Student surprised with \$15K scholarship

By Molly DeMellier

Castleton Spartan

It was a secret that formed around 10 kiwis, a borrowed rugby ball, four essays paired with one photograph – and the chance of a lifetime.

On Oct. 27 Castleton junior Emma Faucher was surprised by her family, friends, and the representatives of Go Overseas with a \$15,000 scholarship funded by the New Zealand National Government for a study abroad experience to New Zealand in the spring semester.

According to Go Overseas officials, Faucher was selected out of 1,089 applicants nationwide because of her creative photo submission – which put those 10 kiwis to creative use – and her exemplary essays.

“I can’t believe I won out of that many people,” Faucher said after composing herself.

Anticipating a meeting for community advisors about a policy change, Faucher made her way to the Campus Center and burst into tears at the sight of her mother, Terri, father, Michael, and brother Joey in a sea of Spartan supporters.

“There’s probably nobody else that deserves this as much as she does,” said Residence Life Area Coordinator Shaun Williams.

As Faucher’s direct supervisor in

the Residence Life Department, Williams said her application was a proper portrayal of her passion and work ethic. These are qualities he said he will miss in her absence next semester, but he added that he was excited for what the future holds for Faucher.

“She’s a big part of our staff. She’s a big part of our family. You can’t replace her,” he said. “This is a great experience and she’s going to take advantage of that. It’s going to change her life.”

Inspired to be entirely immersed in another culture, Faucher said she was determined to make her dreams of going abroad a reality and had been researching scholarship opportunities. She first learned of the Go Overseas scholarship in a campus-wide email from Spanish professor Ana Alfaro-Alexander, who said she frequently sends out emails like this to encourage Castleton students to go abroad.

Associate Academic Dean Yasmine Ziesler said Faucher was one of several Castleton students who have been awarded national scholarships in competitive fields to study abroad in recent years. Furthermore, she said she hopes more Castleton students gain Faucher’s confidence to reach for something that challenges them.

“I hope this inspires other students to take risks,” she said.

Clutching her giant check, Faucher began to comprehend the unfathom-



CHRISTOPHER WILLIAMS / CASTLETON SPARTAN

**Emma Faucher is in tears as she receives a \$15,000 scholarship to study in New Zealand.**

able and said she appreciated such widespread campus support and felt fortunate to share the moment with her family.

In addition to the geography that differs vastly from her New England lifestyle, she said she is also eager to pursue her passion for rugby from the New Zealand perspective.

“I think it would be awesome to experience rugby in another culture,” she

said. “I want to learn their tactics and bring them back here.”

Faucher said she had also looked into the academic opportunities at Victoria University of Wellington and she is excited to take research-based courses and compare the methods to those she has learned in American classroom settings.

“I never thought I would win,” she said. “It’s unreal. Just very unreal.”

# Destigmatizing depression

By Jorah McKinley

Castleton Spartan

There’s a stigma surrounding anxiety and depression, but it turns out it’s much more common than you might think, especially among college students.

In fact, 60 percent of Castleton students say they have experienced overwhelming anxiety in the past year, and over one-third say at some point they have felt so depressed that it was difficult to function.

These numbers are from the National College Health Assessment administered at Castleton this spring. This survey also reported that just over half of the students at Castleton have received help from a counselor or psychologist.

But for the employees in the Wellness Center, these numbers aren’t so much concerning as they are encouraging.

“We’re trying to reduce the stigma,” said Jamie Bentley, coordinator of campus wellness education. “And we see it in our statistics at Castleton that more and more students are feeling comfortable coming to the Wellness Center for counseling or for education and information.” The Wellness Center is actively trying to spread information and resources to students on how to reduce stress. Being able to manage stress in a healthy way makes students much less likely to suffer from anxiety or depression.

They give students the knowledge and resources they need to help themselves, but also what they need to help out friends.

“We’re trying to get the whole campus learning how

to be good listeners, how to listen without judging, how to provide support,” said Martha Coulter, director of the Wellness Center.

She and two other post-graduate interns are available for counseling to every Castleton student free of charge.

Another resource available to students is the Student Support Network.

The goal of the program is to expand the support network on campus, giving members of the Castleton community more people they can go to for help and more people they know are looking out for them.

Student Support Network trains its members to be empathetic listeners, how to recognize warning signs and how to connect students with the help they need.

So far, the group has trained 55 students and is training 27 more this semester, Coulter said.

Castleton senior Colleen Jenkins is part of the Student Support Network, and if anyone has experience coping with stress it’s her. Jenkins is an athletic training major currently working with the men’s soccer and men’s basketball teams. She attends every practice and every game.

She’s the president of the athletic training club and a student orientation staff leader.

She has a work-study position at the Fine Arts Center and works with the Academic Support Center as a tutor.

On top of that, Jenkins is studying for her board certification to become a certified athletic trainer.

Even with all these responsibilities, Jenkins has developed her own strategies to manage stress and now helps others do the same through the



PHOTO ILLUSTRATION BY SARA NOVENSTERN/CASTLETON SPARTAN

Network.

“I joined because I thought it would be beneficial and helpful when dealing with my athletes as well as first-year students with SOS,” Jenkins said. “I use a lot of what I learned in both settings.”

Jenkins agrees that experiencing anxiety or depression is nothing to be ashamed of.

“I think everyone goes through a lot in college. Some have more of a tough time than others,” she said. “You just have to find a way to make yourself better and surround yourself with people that make you happy.”

The Wellness Center will be holding an anxiety and depression screening day on

Nov. 18 from 12:30-2 p.m. in the Campus Center, open to all members of the college community.

One tip from Coulter on the best way stay healthy and happy is to balance your life. For Bentley, it’s connecting to the community and the people in it.

# Christian presence on campus increases

By Catherine Twing

Castleton Spartan

Last year, eight Castleton students attended the annual InterVarsity of Northern New England Fall Conference. This year, that number more than doubled as 18 students and an advisor travelled to New Hampshire for a weekend of fellowship.

Before you ask, no it’s not a sports club.

While the name can be confusing, “The Purpose of InterVarsity Christian Fellowship/USA is to establish and advance, at colleges and universities, witnessing communities of students and faculty who follow Jesus as Savior and Lord,” according to the national website.

The growing Castleton group meets on Thursday evenings at six in the Campus Center’s Formal Lounge. The group enjoys a time of Bible study and prayer, usually led by the student officers, before discussing any business. As the name implies, the group is very much about fellowship.

“It’s a place we can go to learn more about God without being persecuted,” said freshman Matthew Gay. “We’re not going to be thought of as different or weird because everyone’s there for the same reason.”

This year’s regional conference took place at the Toah Nipi Retreat Center in Rindge, New Hampshire and is one of many InterVarsity events occurring around the country. The Northern New England conference this year was the

largest yet with around 150 students attending from more than 10 colleges.

“Conference was amazing. When we got back I had this incredible spiritual high,” Gay said. “I definitely didn’t get let down.”

Last year, the group started the idea of “church mobbing.” Although the name is intimidating, it’s a simple concept. Each Sunday, a few members would visit a local church rather than the local church they normally attend. This “church mob” is a way to show the community that there is a young and growing Christian presence and also for students to be encouraged and their horizons expanded.

As mentioned, the group’s size is increasing. And of the group’s more than 30 members, many of those are freshmen.

Past members are excited about the growth of the group.

“I think it’s really encouraging to see so many of the same belief at a liberal college,” said longtime member Timothy Mackintosh.

Mackintosh added that it’s incredible that InterVarsity is one of the largest clubs on campus at a secular school in the least religious state.

While the Christian presence grows on campus, it is also growing within the village of Castleton.

On Oct. 5, “Faith4Life Church” opened behind Birdseye Diner. The church has already held events for students such as a beginning of school year barbeque and a harvest festival.

Rhiannon Barnett, the Southern



CATHERINE TWING/CASTLETON SPARTAN

**Members of the InterVarsity Christian Fellowship group hold hands and admire the scenery at a recent retreat.**

Vermont Campus Coordinator for the Baptist Convention of New England, is working closely with the pastor of Faith4Life, Brandon Rogers, and his wife Hannah on how to “engage the campus and work as a partner and not as a separate unit.”

Barnett has frequented the InterVarsity meetings for three years now.

“I think it’s phenomenal how it’s grown from four or five to twenty regular members,” Barnett said.

As the Christian presence grows on campus and in town, the Rogers and Barnett hope to have more activities geared toward college students. There are more than 40 regular attendees of Faith4Life, but the goal is to increase the college population, according to

Barnett.

Her hope is that “students will come to know God on a personal level” through InterVarsity, local churches, and other fellowship opportunities like small Bible studies and the Fellowship of Christian Athlete’s club.

Regardless of their faith, anyone interested is more than welcome to attend the weekly InterVarsity meetings.

“We want everyone on campus to feel welcome and that they know they can come and talk to us,” said freshman Matthew Eaton. “We’re not trying to cut off anyone. We want them all to come and see.”



# Lost in PA with no GPS

By Matt Trombley  
*Castleton Spartan*

Pennsylvania: home of the cheese steak, the Amish, and the FBI’s most wanted killer, Eric Frein.

Driving along those long highways through Pennsylvania, there are many billboards with Frein’s face saying he is on the loose and to contact the authorities if he is seen. This doesn’t set a good tone for my first week in the Quaker State.

It was a Tuesday and I just finished meeting with high schools for the day. It was time to head back to the hotel. Since I am deep in the middle of rural Pennsylvania, I of course use my GPS to get around. It is like my lifeline on the road; without it I am completely lost. I push the power button, but nothing happens. I push it again, nothing happens.

When is the right time to start panicking in a situation? Do you think things through first before the fear sets in or is it an instant reaction? It varies for people, but for myself, the stress is almost instant. I’m in the middle of nowhere with a missing killer on the loose.

I call the Admissions Office and ask for some directions. Panicking on the inside, I sloppily write them down on the back of an envelope I found in the rental. The hotel is an hour away, let’s try to figure this without getting lost and killed.

I try to leave the high school and the first turn I make is the wrong one. After going 10 minutes in the wrong direction, I go back to the high school, go inside and ask the secretary at the main office if she could print out some directions for me. She was a saint and printed two copies for me, just in case.

Now we are rolling. I leave again and start off making the correct first turn.

Progress.

I’m reading these paper directions while trying to drive like I’m on some 20th-century road trip. This is my first time using directions on paper, so the stress remains deep within my chest.

After an hour, but what seemed like all day, I made it back to my hotel in one piece and feeling grateful that I’m still alive, but still nervous because I had no navigation. Having to print out directions for every school I go to would make my life so much more inconvenient.

After calling my supervisor, I got permission to go to the nearest Best Buy and pick up a new GPS. The store was five minutes away, but it took me a half an hour to get there. I guess I’m not so good with directions.

With only a few more weeks left in my travels, I am grateful I have survived the trip so far. I know running into cop killers is very unlikely, but when the only voice you hear for most of the day is your GPS, your mind starts to wander.

One more week in Pennsylvania and then it’s off to New Jersey for a few days in Atlantic City. I’m coming for that New Jersey bagel.

# Extreme makeover: Sparty edition

Alexandra Johnstone  
*Castleton Spartan*

After eight years of service, Sparty is finally getting a new look.

Countless students over those eight years have dressed in the Sparty suit to parade around and drum up school spirit. And as fun as it can be, there were some drawbacks.

“It’s like wearing a football helmet, like a really big football helmet,” said senior Clay Childers, who has played the role of Castleton College mascot on various occasions.

The suit is in Valley Springs, Calif. at Carol Flemming Costume Design, the company responsible for the last Sparty suit.

This suit, however, will have a few very important changes including a refrigeratable gel to insert inside the suit making Sparty not so sweaty

on those hot summer orientation days.

“It can get pretty hot in there,” said senior Jessica Galatioto. “The head is way heavier than you think it is and it kind of jabs into your shoulders.”

Flemming said those who get inside this one will be happier.

“I made one back in 1998 and this one is much nicer because the whole suit is washable,” said Flemming during a phone interview. “It also has a soft helmet that Velcros in, making it cleaner and comfier for whoever is wearing it.”

The removable, washable helmet makes it so the current wearer won’t have to smell every single sweat drop from past Spartys, she said.

“This Sparty costume’s head will also be in Castleton green now, unlike the past one which was Kelley green,” said Matt Patry, director of Student

Activities.

In charge of this big change is the Student Government Association, which is also footing the \$1,700 cost.

This Sparty suit will be the third one Castleton has had and hopefully the most comfortable one. When hearing about some of the new changes, Childers said he’s excited about being in the new suit.

“Only at lacrosse games though. Glenbrook is too small for a fun Sparty,” he said.

With the new Sparty costume being made for comfort, school officials hope more students will aspire to be Sparty.

“It’s fun running around having a good time and no one knows who you are,” Galatioto said. “One of the best parts is when people want to take a picture of you and your don’t have to smile, but you already are cause it’s a good time.”



CHRISTOPHER WILLIAMS/CASTLETON SPARTAN  
Sparty serenades campus during Orientation.



JIMMY BRITT/CASTLETON SPARTAN  
An army of Legos is on display at the Vermont Comic-Con.

# Comic relief

By Jimmy Britt  
*Castleton Spartan*

As the door opened, the murmur of a small crowd filled the air. Then the intercom came on the crowd went silent.

“The Sheraton would like to welcome you all to the first Vermont Comic-Con! You may now enter,” said the voice through the intercom speaker.

The crowd quickly moved into the exposition room of The Sheraton Hotel in Burlington on Oct. 25 to find it filled with tables of comic books, comic artists, collector toys and nerd culture clothing and drinking glasses.

One of the big attractions was Marvel Comic artist Nick Bradshaw. When asked why he chose to attend Vermont Comic he happy replied.

“Well, one because I’m friends with the event organizer, Bob Shaw, and I prefer small cons over the large ones also,” he said with a big smile as he finished a sketch.

Bradshaw’s girlfriend, Danica “Karibu” Brine, also attended and had a stand set up of her own. She said she was happy to be at the convention and said she is a freelance artist who specializes in magna.

Vermont artist Matthew Sylvester talked about his inspiration for becoming a comic artist.

“Stephen Bissette, a Vermont artist who worked on DC Comics “Swamp Thing” and seeing the original Star Wars movies in the theater as kids. My folks bought me the “Art of Star Wars” for Christmas.”

As the day progressed, more and more people stated to show up. The number of participant wearing costumes outnumbered those who didn’t. Almost all the event goers where happy and friendly and also very happy to give interviews – but only under their

character’s name to remain anonymous.

“I’m super excited. This is my first type of convention ever,” said Black Widow from the “Marvel Universe” with a happy grin on her face.

“It’s a nice turn out. More people than I thought there would be,” replied The Tardis of “Doctor Who.”

“I’m really excited, actually. Especially when I saw online that it was going to be in Vermont,” cheered a female Castiel from “Supernatural.”



JIMMY BRITT/CASTLETON SPARTAN  
Comic artist Danica “Karibu” Brine sketches during the Comic-Con in Burlington, Vt.

# Taking a break from the campaign



CHRISTOPHER WILLIAMS / CASTLETON SPARTAN  
U.S. Sen. Bernie Sanders, top, plays catch with a fan at the Spartans football game against Husson. Gov. Peter Shumlin, above, visits with President Dave Wolk during the game.

# Suitcase Party sent them packing

By Jadie Dow  
*Spartan Contributor*

Loud music, dancing and costumes are not usually what come to mind when thinking about Huden Dining Hall, but Oct. 25’s “Suitcase Party” changed all previous perceptions of the college’s eating grounds.

Sponsored by the Campus Activities Board, known as C.A.B., the “Suitcase Party” was an inventive idea. The tables were cleared, the music was turned up, and all inhibitions were left at the door for one night of fun with friends in costume.

This is how it worked: To be entered in a raffle to go to Six Flags amusement park, students had to show up before 11 with a packed bag. When the winner was drawn at midnight, they could pick a friend and immediately be driven to Six Flags with a hotel booked, a day pass for the next day, and a \$50 meal ticket.

David Ilevoli, the president of C.A.B., was very happy with the way the event turned out.

“We had 225 people

throughout the night. So over a fifth of campus. People enjoyed it and we had fun,” Ilevoli said.

Another unique aspect of the night was the bar in the Alumni Room. Sarah Bergstrom, a senior, enjoyed this very much.

“I have wine in Huden! This is so much fun. We should have this every weekend,” she said.

The winners of the Six Flags getaway, Dani Crawford and Grandon Smith, apparently had a blast, according to Ilevoli.

“Yeah, they loved it! They sent me pictures all throughout their day at Six Flags. I was really happy they won,” said Ilevoli.

People in costume trickled in and out all night and C.A.B. raised almost \$200. Ilevoli said there are more parties in the works.

Ilevoli, dressed as a nerd for the night, said he’s excited for what’s to come.

“What’s next? Probably another sweater party. People really enjoyed it last year,” he said.

# Hostels: cheap rooms and priceless stories

By Abi Foster  
*Castleton Spartan*

Everyone dreams of traveling the world, but people are often stopped by the overbearing cost that comes with the desire to explore.

What people don’t realize is there is a cheaper, more efficient way to accomplish these dreams. Hostels allow travelers a quick, safe and inexpensive housing alternative during their adventures.

But beware, hostels are not like your average hotel. The rooms are set up with bunk beds and depending on what room you are given, there is a chance you could be staying with six different people. Travelers from all over the world use hostels as a cheaper way to travel from city to city.

Alosha Tarasov, 26, a traveler from Russia, explained

how the hostels in the U.S. are not much different from the hostels in Europe.

“I’ve stayed in many hostels and all of them have many similarities, random roommates, bunk beds, interesting people ... But I’ve found them great for traveling, cheap and easy,” he said.

This is Tarasov’s first time in the U.S. experiencing American hostels and he said he has had no troubles in any of the places he has stayed.

“There is always something unique about each hostel I have stayed in. For instance, here they have a small selection of food for you and just expect you to do your own dishes,” he said.

Hostels and their staff members are often very traveler friendly and support the visitors who migrate through, he said.

Castleton College students studying in the Southwest got the real hostel experience when 17 individuals lived at the International Hostel de Santa Fe for two-and-a-half months. For many of the students, it was their first time ever staying in a hostel.

“It’s been a lot of fun; I didn’t know what to expect at first, but I plan on using them in the future,” student Ben Leber said.

Leber talked about all the interesting people he met who ended up stopping at the hostel for a night, shared their stories and then left the next day.

“I’ve met people from all over the world due to staying here and now I feel like I can contact people almost anywhere and have a good connection,” he said.

The International Hostel de Santa Fe is located on Cerrillos

Road, one of the busier roads in Santa Fe. Shaped to look more like a motel, this one story building can house about 40 people. The rooms are small and the floors aren’t carpeted, but for a quick night’s stay, all one really needs is a bed and a bathroom.

Unlike some hostels, this one sports a huge restaurant-style kitchen for guests with food that has been donated from the Whole Foods Market here in Santa Fe. Hostels accommodate guests who are in a hurry and just need a place to stay for a night or two.

Amara Bedford, who studies art theory at Southwestern College, just started working at the International Hostel de Santa Fe in mid-July and said the experience has been awesome. She said for \$20 a night, visitors can get a room there, although rates can vary de-

pending on if you want a private room and on the season.

“My favorite part about working here are the people that check in and out all th-time. There are some crazies,

so it can be a pro and a con, but the people in general make it fun,” Bedford said.



BEN CARSTENS/ SPARTAN CONTRIBUTOR  
Students Jesse Bono, Rebecca Stodgell and Nicole Folino pose in the hostel in Santa Fe, N.M.



# AC Kevin drops the bass and mixes campus just right

*Continued from Page 1*

His famous Croc shoe even got him a free pair of the popular plastic shoes from the Croc Company. It went a little something like this: “I got some Crocs on my feet, some Crocs on my feet.” If you listen closely, it sounds like the verse “J’s on my feet” from the Miley Cyrus’ song “23.”

“I do all the rapping myself, and at my core I am kind of a dork, so I lean on my humor in my raps to drive the message home,” he said.

His love of music began at the age of eight, when he would DJ at school dances. By age 12, Kareckas was DJ’ing at weddings and has kept it as a side job since then. He also started a reggae band in high school with his buddy, Josh, called Roots Rhythm and Dub. The band has since moved on without him.

Seeing him now, you would never know the hardships he has endured. His fun and thoughtful personality that covers up the scars. Being able to walk is one of his biggest accomplishments, he said. When he came out of the womb, he had what they call Bilateral Skew Feet. This means not one, but both feet were severely turned in.

“It was almost like a Forrest Gump story. I actually remember learning how to walk at eight years old,” Kareckas said.

What’s even more bizarre is his case is the only actual known case in the world. His x-rays can be found online. Dr. J. Phillips was the man who “gave him feet,” he said. He was the man who made up an operation for this.

Because of this hardship, Kareckas is more thankful and energetic than ever.

“Kevin is a force of nature. I think he’s spontaneous and he has limitless energy,” said his older brother, Andy who is a professional performer and musician.

Andy said when they were kids they sort of competed for attention and because of this he thought Kevin was annoying. But now, he looks

at him as one of his biggest inspirations and someone he admires.

“He is so resilient and all you see is light come out of this guy,” Andy said.

After high school, Kareckas went to Wheelock College in Boston, where he majored in education. He said the college was a third the size of Castleton – and 93 percent women, because it was a “teacher” school. He was one of 67 guys at the school.

He didn’t choose the college like a normal high school student would after a tour. He went back stage in the Wheelock Family Theater and met a guy named Bryan, the technical director. He liked the vibe the guy had. He also met a guy named Floyd, a custodian who had been there 20 years.

“I have always been a systems thinker and I like talking to people that know the ins and the outs of everything,” Kareckas said.

If you’re wondering, Floyd got him there. “So he’s the guy I want to talk to, not an admissions rep. He’s the real expert, so Floyd sold me the school,” Kareckas said.

During his time at Wheelock he was involved in everything. He tried tennis, which he knew nothing about. He became the class treasurer and with the help from others, got a lacrosse program started.

His most life-changing experience, however, happened in a second-grade classroom in Boston, when he realized the only way to succeed in life is to be true to yourself. He was placed in a class of seven-year-olds who had already given up and hated school. It was very influential, but also an eye opener for himself.

“It was the first time as an educator that I failed. I was just failing these students for 45 minutes and it was on tape and I remember looking down at this little girl afterward and she said, ‘Mr. K is your heart broken?’ and I said ‘not really’ and she said ‘maybe a little bit’” Kareckas said.

That was the moment he learned you can’t fake it – you have to be real.



EMMY HESCOCK/ SPARTAN CONTRIBUTOR

## AC Kevin Kareckas poses with CA Anna Daniels at Haunted Hits Karaoke.

“I tried to fake it that day. I walked in under-prepared,” he said.

His next chance to shine was his senior year when he was placed full-time in a fourth and fifth grade classroom. He was really able to put his past experiences to the test. “I learned my most influential moments as a student in college have been from the hands and the emotions and the brains of elementary students in their learning setting,” Kareckas said.

Now he’s making his mark at Castleton, and he said he loves his job. In general he loves work.

“I am from a family of hustlers. And we love to work and we have a lot of fun at work. That is the Kareckas way,” he said.

But wouldn’t it be fun to ponder what he would be doing if he weren’t here?

“If I were to do something different, I would be interested to be a light bulb changer. Think

about all those radio towers with the blinking red light on top. That burns out every once in a while. And when you go to the top of that, you better know what bulb that is because you just climbed up there,” he said.

He did say, however, that he is somewhat afraid of heights, but he also likes adrenalin.

Anna Daniels, a community advisor in Hoff Hall, knows exactly how to describe Kareckas.

“Kevin is very outgoing. He is not afraid to try new things and is very open-minded. When he does something, he does it all the way,” she said.

All in all, you can tell Kareckas is satisfied where he is in life.

“This is exactly where I want to be. It’s really nice to love what you do, love where you work, when you literally live at work and wake up here everyday,” he said.

# Tarlton was pleased with ESPN’s coverage of her

*Continued from Page 1*

In the months and years following the attack, Carmen said she would not dwell on the horror of her past, but rather lose herself in daydreams of her future. She said she dreamed of finding happiness and love again to make others around her happy again, too.

“I didn’t want to be what society said I would be,” she said. “I had two daughters at 12 and 14 when I was injured. I was not going to disappoint myself or burden them for what happened to their mother.”

Against the odds and unimaginable pain, Carmen worked with physical, occupational, and speech therapists to overcome immobility, total blindness, and communication barriers.

Today, seven and-a-half years after the attack, Carmen travels the nation telling her story to empower others to overcome their own adversities and has even authored

her own book titled “Overcome Burned, Blinded, and Blessed.”

“I knew how powerful it would be for other people living with events that are haunting them,” she said of the book and her public speaking efforts.

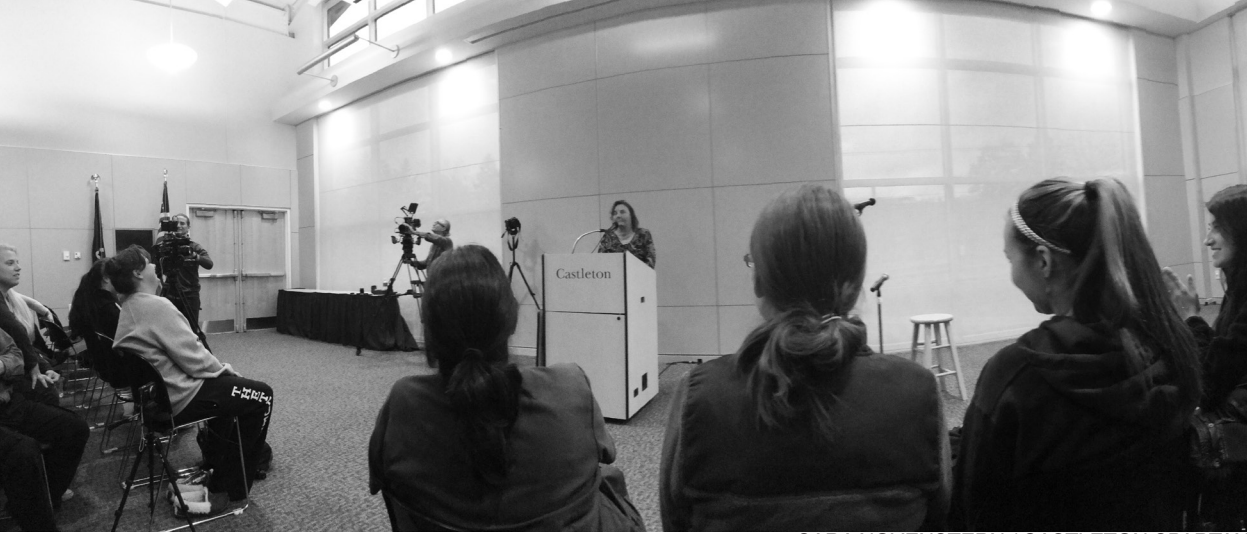
Inspired by her mother’s strength, Liza said she also lives passionately and does not intend to slow down.

“That’s not the way to live,” she said.

The senior has backpacked throughout Central America and recently travelled to Cambodia, but has the itch to go abroad again next year. She has also rebuilt herself as individual in her time at Castleton. She said she found strength in the college community and especially as a member of the women’s rugby team.

“Rugby has kind of always been my own thing,” said Liza. “It definitely has that major aspect of family.”

This familial component she said is perhaps the most appealing part of the sport to



SARA NOVENSTERN / CASTLETON SPARTAN

## Castleton students actively listen to Carmen Blandin Tarlton’s recent Soundings event.

her because her own family is such an important part of her life. Despite her lack of love for the spotlight, Liza said she continues to be a part of segments featured on national media including Oprah and E:60 because of how valuable it is to Carmen.

“It’s not really my cup of tea, I guess,” Liza said. “But I

do it to support my mom.”

After viewing the E:60 broadcast, sophomore Taylor Peters said he had a new appreciation for Liza’s optimism on life.

“She’s just always so positive,” he said. “I think the strength represented the school well.”

In a recent blog post, Car-

men shared her approval of the segment.

“I was extremely happy how well the E:60 show was produced! Although difficult for some to watch, it certainly captured the intensity of those past moments,” she said.

Although she never got her left ear and is still considered legally blind, Carmen said she

did regain what was most important to her. She still has her two daughters, will be able to see the birth of her first grandchild, and has even fallen in love again.

“I don’t regret anything that’s happened since June 2007,” she said.

# Wi-Fi is not better \$80,000 raised at breast cancer walk

*Continued from Page 1*

“We moved the cable money into Internet,” he said. “We had a tough decision to make. It was not an easy one, and it wasn’t going to satisfy everybody. But we still had to make it.”

But is the Internet truly better?

Sophomore Mychael McQuiggan doesn’t agree.

“It’s like we have the same bad Wi-Fi, but without cable,” he said.

But Proulx said the problems are not with the Internet itself.

“In the open forum, I’m hoping to have IT there to explain why the Internet is better and why individuals who are having problems should consult with IT to decide if it’s the point of service of their Wi-Fi that has been an issue,” he said

Junior Graeme Pike thinks the forum will be the perfect opportunity to let administrators know his thoughts.

“I’m gonna have to set

my foot down right then and there, and let them know that I want cable back,” he said.

While many students are outraged, Faucher recognizes both sides of the conflict.

“At first I was definitely upset, like the rest of the students, but I feel like talking to administrators has shaped my understanding of why cable was taken away,” she said.

Faucher feels the forum could be a place for administration and students to find a common ground.

“I’m not sure if it will bring cable back, but it will help the administration see and hear the students’ outlooks on it,” she said.

The forum is expected to be hosted in early November during N-Period, Faucher said.

Isaac Devoid, Sara Novernstern, Courtney Shannon and Jadie Dow contributed to this report.

**By Courtney Picone**  
*Castleton Spartan*

The Castleton Pavilion hummed with activity on a chilly Oct. 26 day as volunteers set up tables, members of a local high school band tuned their instruments, and Sodexo officials prepared to feed participants of the Making Strides Against Breast Cancer Walk.

By the end of the walk, officials would announce more than \$80,000 had been raised through the effort.

“Right now I’m trying to get petitions signed around our federal cancer research funding, looking for more critical research funds to help cure cancer,” said Jill Sudhoff-Guerin, the state Government Relations and Advocacy director.

Tables were set up on the outskirts of the Pavilion, some sporting pink t-shirts and sweatshirts for sale, with all funds going toward breast cancer research. Other tables offered face painting and a basket raffle, while one table in particular held a slew of information about cancer awareness.

One of Sudhoff-Guerin’s main goals of the day was to obtain signatures to help in-



COURTNEY PICONE / CASTLETON SPARTAN

## Walkers take off from the Pavilion in the Making Strides Against Breast Cancer Walk on Oct. 26.

fluence the government to put more funds into the early detection programs for breast and cervical cancers.

Registration started at 11 a.m., and while waiting for the walk to begin, supporters were treated to live music. Many, including children, could be seen dancing and laughing with one another.

While there were many supporters from all around

Rutland County in attendance, some, like members of the Castleton Social Issues Club, represented the college.

“When the walk started happening at Castleton about two years ago, I found it to be a bit more conveniently placed for the club to get involved. With the walk taking place here, a lot of club members would be able to make it, and we also made it open to the entire school,” said club Presi-

dent Jazmyne Spear.

The Social Issues Club alone raised over \$300 dollars.

Many other students joined the four-mile walk as well, including the Spartan Football Team. It was a powerful moment, seeing the hundreds of supporters who showed up to bring awareness to breast cancer, walk out of the pavilion in a show of solidarity.

# Getting alumni back involved with campus

*Continued from Page 3*

According to an article on Salary.com, 48 percent of Americans found their current job through word of mouth. The opportunity to meet alumni who are already working in their desired field can be huge for that current student’s success, Swenson said.

When it comes time to plan events such as the senior social, Hunt and the other organizers struggle to find enough willing alumni in all fields of study.

If all goes as planned, alumni will soon have an easier time staying connected to their alma

mater.

“We just revamped our website over the summer and launched that in August,” Munger said. “We’re working right now on further developing the alumni section of the website.”

It is unclear at the moment what the web page will include, but the goal is for it to be interactive and to motivate alums to be as involved as possible with current students or other alumni, officials said.

The current webpage, which can be accessed from the main Castleton site, has a place for alumni to update their contact information and donate money. There are also mini profiles of

alumni who are “proud of Castleton and credit Castleton with a lot of their success,” Swenson said.

A goal for the new webpage would be to keep alumni up to date on Castleton events like sporting events and art exhibits.

“They could go to the site and find out what’s happening here on campus,” Hunt said. “Alumni weekend is a great weekend to come back, but come back any time.”

The feature Hunt is most excited about adding to the website is a page to nominate outstanding alumni. Each fall, two individuals are recognized as outstanding alumni: one award

for someone who has been graduated for less than 10 years and one for someone who has been graduated for more than 10 years.

“We usually put it in the magazine, but we would really like an online presence so they could fill out the form right there online, anytime,” Hunt said.

Munger explained that there is still quite a bit of planning to do before the webpage can be created and available for viewing, but work is being done and the alumni office wants to get alums excited about this step into the future.



# Spartans shut out in quarterfinal game

**By Isaac Devoid**  
*Castleton Spartan*

The Castleton men’s soccer season ended with a 0-3 loss to Thomas College in the NAC quarterfinals Saturday. Fifth seeded Castleton and Head Coach John O’ Connor were devastated to see their season come to an end. “The end of the game was very emotional, I saw a lot of emotion from guys I didn’t really expect it from,” O’Connor said. Thomas started off the scoring in the 31st minute when Dakota Duplissie received a beautiful ball from William Nilson, and was able to beat Spartan keeper Amir Pasic.

Despite the goal, Castleton continued to battle back and earned many opportunities. O’Connor said he was excited to see senior Alex Sedergren creating many of these opportunities. The Spartans, however, simply couldn’t convert those chances into goals. Thomas did. They capitalized on another chance in the 65th minute when Duplissie found his second goal of the game on a free kick from 30 yards out that he buried in the top right corner. But, even with a score of 0-2, the Spartans held confidence. “We were playing quite well, even at 0-2 I feel like we had them on their heels,” said

O’Connor. London Steede Jackson scored the final goal of the game for Thomas in the 89th minute, ultimately sealing the Spartans fate. Despite the loss, a reflective sounding senior Spencer Dandurand voiced his love for Castleton soccer. “It’s been an honor to play for this school, Coach O’Connor, and the great teammates I’ve had,” he said. Captain, Bryce Kaler echoed Dandurand’s message as he put on the Spartan green and white for his last time. “I’ve met some of my best friends playing for this team, and I wouldn’t trade it for the world,” he said.



THOMAS COLLEGE ONLINE WEBSITE  
**Castleton’s Paul Phillips makes a play on the ball against a Thomas player during a North Atlantic Conference quarterfinal game on Friday.**

# Girard, Kuchinski lead Spartan runners in NACs

**By Kaylee Pratt**  
*Castleton Spartan*

The runners gathered around, bundled in layers of warm clothing trying to shield themselves from the brisk wind that whipped across the course. Minutes later, they stood anxiously at the starting line of the cross-country NAC Championships hosted at Castleton, ready to run a 5K. “I was really excited because this is what we’ve trained for all season,” said sophomore Margie Kuchinski. However, the weather was not ideal for this sport but Kuchinski said they pulled it off. “Despite the adverse temperatures we came out and gave 110 percent,” she said. Just seconds into the race Elizabeth Bassette led the pack of girls with another Spartan runner, senior Shelly Audette, trailing close by. When they were done running less than half an hour later, the Spartans had three runners finish in the top 30. Finishing in 20th with a time of 22:54, was Kuchinski, who was also the top finisher for Castleton. “It was great. Everything hurt, but it was worth it,” she said, describing how she felt crossing the finish line. Kuchinski said the feeling was truly indescribable, and now she

said she’s looking forward to ECAC Championships this weekend. Other top finishers for the Spartans included Caitlin Ryan, crossing the line in 25th place with a time of 23:27. Two seconds later, Kelsey Thomson came in, earning herself the 29th spot. Overall, Kuchinski was very pleased with how the day went. “As a team we worked really well together. Everyone really tried to push each other,” she said. Later that afternoon, it was the men’s turn to tackle the course, although at a distance of eight kilometers. “There was a lot of positive energy going into the race, but also a lot of negative energy because of the weather,” said sophomore Jonah Lavigne. And junior Ben Girard had more on his mind than the weather. “I was feeling a lot of pressure to perform well today after battling some tendinitis the last couple of weeks. I knew it was going to be a cold gusty run and that I needed to work behind and within groups of my taller competitors during the windy and exposed sections of the course,” Girard said.. Girard was top finisher for Castleton, bringing home a tenth place finish in 27:24.



CHRISTOPHER WILLIAMS / CASTLETON SPARTAN  
**Runners blast from the starting line in the NAC Championships at at home Saturday.**

“I was very happy to finish as the top Spartan because a few of my teammates, Grandon and Jonah, have made much larger overall improvements than I have this season,” said Girard. He said after not running for two years, he is very satisfied with his overall success and progress this season. Girard wasn’t the only one on the

team to finish in the top 20. Freshman Grandon Smith, who has been a great competitor this season, came in 14th with a time of 27:31 while Lavigne finished just two spots behind him in 16th with a time of 27:51. With ECACs up next, the men are full of positive vibes. “I’m very excited. I love running. We get to meet new people everywhere we go and I can honestly say

that I have never had a race that is exactly like another,” Lavigne said. Girard echoed his teammates excitement. “We will make a valiant effort and hopefully have some more personal records on the flat fast course. It will not be easy or a small race but we will do the best we can,” he said. The ECAC championships will be held Nov. 8 to Westfield, Mass.

# Husson routs Spartans

**By Andrew Cremins**  
*Castleton Spartan*

The Castleton Spartans field hockey team was devastated by Husson University Saturday, losing 10-1 in the North Atlantic Conference semi-final game. Husson’s experience and home field advantage contributed to the blowout. “They are a more experienced team, so I don’t think we came out flat. They had the home field advantage where they’re comfortable to come out strong,” said Castleton’s Ariel Mroz-brewer. The Eagles came out flying from the opening whistle, tallying six of their 10 goals in the first half. Husson’s Taylor Shaw started the onslaught 6:29 into the game with an unassisted goal. The rest was history as the Eagles went on a scoring surge. of 10 straight goals before the Spartans responded. Senior Kristy Pinkham scored Castleton’s lone goal with an assist from Haley Spittle with just 1:30 left in the game.



PHOTO CONTRIBUTED BY TORI PIZZUTO  
**Field hockey players wait in anticipation before a regular season game earlier this year.**

to play our game and play together,” Mroz-Brewer said. The Spartans end their season 2-15 overall and 2-3 in NAC play. Mroz-Brewer talked about some points of emphasis to get the program back to the high level it has been in recent years. “We just [need] to compete

and the whole team needs to come out and play competitively, but most importantly play together as a team. More experience for the underclassmen on the field will be a big help as well so we can build more trust and team chemistry on a off the field,” Mroz-Brewer said.



CHRISTOPHER WILLIAMS/CASTLETON SPARTAN  
**Kaylee Pratt elevates for a spike against in-state rival Norwich University.**

# Pink Game ends volleyball season

**By Derek Fallon**  
*Castleton Spartan*

The Lady Spartans took the court for their season finale against rival Norwich on Wednesday night. They were fired up, not just because they were playing Norwich, but because they were also fighting cancer in the third annual pink game. “As a team we really enjoy and take pride in supporting any type of cause such as Breast Cancer Awareness. Not only did we do our part by having a pink game, but we decided to, as a team, participate in the making strides walk that took place

this past weekend,” said junior Kaylee Pratt. The girls came out in their pink uniforms, while friends and family sold a variety of items including cupcakes, cookies and brackets, with all proceeds going to Making Strides. “Making Strides raises a huge amount of money in order to focus on breast cancer research and they have hosted their walk on campus the past few years,” player and Making Strides representative Kristi Lawless said. “The fact that our athletes and other groups can come out and make a difference is incredible. It’s important to

not only the Making Strides organization in its entirety but also to the college and the community.” Making Strides has the largest network of breast cancer awareness events in the nation, bringing more than 300 communities together. They raise money to help the American Cancer Society fight the disease with research, information, services, and access to mammograms for women who need them. The girls finished their season with a 9-14 record and just missed out on the NAC tournament with there loss to Norwich in straight sets.

“The team showed a lot of growth and strength this season” coach Nicole Kondziela said. “It was a disappointing way to end the season, just missing out on NAC play.” The Spartans my have had a difficult season, but they were all smiles after the game. “I think we had an incredible season! We have improved in all aspects this year! Even though we didn’t make conference playoffs, I think we really did have a great season,” said Amanda Chambers.

# Women’s soccer ends regular season and gears up for first round of playoffs

**By Mike Davis**  
*Spartan Contributor*

The Castleton’s women’s soccer team finished its regular season at home on senior day with a tough 3-2 loss vs. Union College; however the Spartans have managed to lock up the #2 seed in the 2014 NAC Playoffs with an (11-7-1) record. With that being said, the Spartans will have to sit and wait to see whom they will have to play on Wed. in the NAC Semi-Finals. With a first round bye, Castleton will have an extra few days to prepare, but will this help or hurt the Spartans going forward? “I think it is going to be

beneficial for us because it will give us some more time to prepare and it will give us some time to rest so we can put it all out on the pitch,” senior mid-fielder Jenna Bostwick said. The Spartans seem very focused and understand what it is they need to do in order to win the NAC conference and reach their ultimate goal of entering the NCAA tournament. “We need to come out with intensity and be focused,” Junior Mid-fielder Mallory Costello said. “We have to play to win and want to win. We need to move the ball quickly and switch fields quickly and provide good services to try and score. We just

need to play with confidence and play to win.” For Spartan seniors Blaire Hooper and Jenna Bostwick, this is a bitter-sweet moment as it will be their last opportunity to play in the post-season for Castleton. However, Bostwick is confident that when she leaves, the up and coming young talent will lead the Spartan program in a positive and successful direction going forward. “The younger players have stepped up and contributed a lot for us this year. They are a great asset to our team and they are going to help our program stay strong for the future! I honestly don’t know what I would do without those



PHOTO CONTRIBUTED BY TORI PIZZUTO  
**The women’s soccer team huddles up during a game earlier this season.**

girls! The twenty of them will always hold a special place in my heart and I’m going to be lost without them next year!”

As the Spartans prepare for the Semi-Finals, the focus and mentally of all 20 girls

and their outstanding coaching staff intensifies as the team could not be more excited and anxious to get the ball rolling.



# Mens hockey falls to No.14 Utica in season opener



**Brian Greene and goaltender Thomas Shelley look to stop a Utica opportunity in their 2-4 season opening loss. Greene provided a goal for the Spartans assisted by Patrick Thornton, and Charles Bando. Freshman Ryan O’ Toole notched his first career goal to end out the Spartan scoring.**



## Sports Talk

with Spencer Dandurand

There aren’t many sounds in sports better than the blade of a skate cutting through the ice, paired with the chatter of the sticks on the hard, frozen surface. As these sounds become consistent melodies during the bitterly cold days of late fall, we know one thing: hockey is back.

The men and women’s Spartan ice hockey teams take the ice once again. While the men opened their season away from home against #14 ranked Utica, the Castleton women defended their home, Spartan Arena.

Just three seasons ago, the Spartan women were 5-19-2. They struggled to score consistently. They struggled to keep pucks out of their own net. All in all, they struggled. They ended the 2010-2011 season with 12 straight losses, one of them a 4-1 loss against one of last weekend’s opponents, Oswego State. Not to mention an 11-1 loss against conference rival Norwich.

The contrast is night and day when comparing today’s women’s hockey team with the one that struggled so greatly a few years ago. The Spartans opened their 2014-2015 campaign with a 2-0 win over Oswego State, followed by a 3-2 triumph over Cortland. The two wins on opening weekend are a testament to how far the team has come in the last few years, and they continue to grow with every drop of the puck.

First year head coach, Steph Moberg took the reins of an improving program and it looks as though the bar has been set higher once again for women’s hockey. Though the Spartans are satisfied with their start this season, they will undoubtedly have their eyes on the conference crown held by powerhouse Norwich.

It’s always exciting to see a Castleton sports team compete night in and night out, and for the Castleton women’s hockey team, the transition from “competing” to “winning” is in full force.

# Spartans outgun SUNY Maritime 30-24

**By Derek Fallon**  
*Castleton Spartan*

The Spartans football team got back to its winning ways Saturday, beating SUNY Maritime 30-27 after dropping the last two to Husson and Mount Ida.

It was also senior day as the Spartans took the field on a wet and cold day at Spartan Stadium. Castleton honored eight members of the football and cheerleading teams with their families and loved ones by their sides before the game. All got one final standing ovation at Spartan Stadium.

“This game was for the seniors. They fought hard all year, the team has had a lot of ups and downs, so this one was for the seniors,” said coach Tony Volpone after the game.

Maritime hit the scoreboard early with a 31-yard field goal to take the lead 3-0.

Castleton answered with a 12-play, 75-yard drive, finalized by a two-yard touchdown

run by running back Corey Brimmer to make it 7-3 Castleton.

Going into the second quarter the Spartans would keep the momentum going with 40-yard touchdown pass to Kevin Alberque from George Busharis.

The Privateers would add a rushing touchdown late to make it 14-10 at the half.

They came out a little sluggish in the second half, giving up a big 14-play drive to Maritime, resulting in a touchdown, making it 17-14.

The Spartans quickly responded with a score of their own, a seven-yard touchdown run by Corey Brimmer, making it 21-17. Brimmer finished the day with 85 yards on 27 attempts and two touchdowns.

“Our offensive line played great and with great tempo,” running back Brimmer said. “We kept to our game plan and we got the win.”

Castleton kept the ball rolling, this time with Soren Pelz-Walsh joining the party with a



**Kevin Alberque celebrates with Coach Greg Vreeland after a big win on Senior Day.**

40-yard touchdown pass from Busharis making it 27-17.

Busharis finished the day going 21-33 for 261 yards, two touchdowns and only one interception.

Kicker Bobby Lineberger added a 21-yard field goal late to make it 30-24.

It got a little scary at the end

of the game when the Privateers were driving, but Derek McAdoo said no to that, with an interception, cementing the Spartans win.

Rewind two weeks prior and the Spartans were in the midst of a slump, losing two big games to Mount Ida 26-21 and to Husson big, 47-26.

“Tough loss, but everybody left it all on the field and no one gave up,” Busharis said after the Husson loss. “Big week next week and it needs to be all business.”

The Spartans travel to Maryland next weekend to face off against conference opponent Gallaudet.



**Corey Brimmer is taken down by SUNY Maritime’s Chris Klass in the Spartans 30-27 victory on Saturday.**

# Hogan leads Spartan golfers to a third place finish



**Ben Hogan chips away at a recent tournament. Hogan led the Spartans with a score of 156 at the NAC Championship.**

**Mike Ruggiero**  
*Castleton Spartan*

The Castleton men’s golf team finished third in the North Atlantic Conference championship on the weekend of Oct. 18 and 19 at the Black Swan Country Club in Georgetown, Mass.

Senior Ben Hogan led the Spartans; shooting 156 (77, 79) over the course of the weekend.

Hogan felt preparation was key to his success at the NAC Championship.

“I focused on rest, we had a particularly long season and

I was a little burnt out by that time. I just focused on recovery, when you’re playing a lot every day it’s mentally draining,” Hogan said.

He was not the only Spartan whom’s preparation served them well over the weekend.

Juniors Justin Del Bianco and Jack Ralbovsky shot 158 (78, 80) and 160 (81, 79) over the weekend respectively.

Hogan finished 4th overall, while Del Bianco finished 8th, and Ralbovsky tied for 11th.

Hogan’s preparation at the Championships lifted him to first team all NAC honors,

while Del Bianco and Ralbovsky received second team honors. Sophomore, Zach Temple, was not given any conference accolades, despite registering the conferences lowest score average.

Coach Reggie Colomb received Coach of the Year honors, helping lead the team to its highest finish in the NAC championship since 2010.

# Lady Spartans start season off with two wins



**Freshman Brianna Keats celebrates her first career goal against Oswego State. The Spartans went 2-0 on their opening weekend beating Oswego 2-0, and outlasting SUNY Cortland 3-2. Keats recorded two goals on the weekend while Samantha Pion, Rachel Bombardier and Lisa Buratynski rounded out the scoring on the weekend.**



## Cable isn't coming back

By Catherine Twing  
Castleton Spartan

Students asked for their cable back, and the Student Government Association listened. Unfortunately, the issue isn't a matter of good will, it's a matter of money: something the college is currently lacking.

After students voiced their discontentment over the loss of cable TV earlier this fall, SGA delegate Emma Faucher created a survey to better evaluate the issue. More than 450 students passionately responded to the survey and their responses led SGA to create a resolution to bring to President Dave Wolk.

Several delegates of the SGA took on the challenge of writing a non-binding resolution seeking the return of cable services. According to SGA President Elizabeth Young, SGA has not made a resolution seeking action by the administration in many years making this an exciting endeavor.

In the resolution, the SGA explains that it understands the financial constraints, but "urges the college to reconsider its choice to terminate cable service."

The resolution also asks the administration to "bring back cable...or expand high speed internet capabilities."

Before a Nov. 11 meeting with Wolk to discuss the issue, Young and SGA Vice President Julia McIntyre had a modest goal: to fulfill the purpose of SGA.

That purpose, according to Young, is "to represent the student body and its interests."

Measuring Wolk's reactions, they seem to have succeeded.

In an email, Wolk wrote he was "very impressed by the way the SGA surveyed students, and how they developed and delivered the resolution in such a respectful and responsible manner."

Although pleased, he also explains that previously stated reasons for eliminating cable are still relevant. Those reasons included popularity of online streaming sites, limited financial resources, and synchronization with what other colleges are doing.

While not much is being done to fix the cable situation at the moment, Wolk did not desert the students.

"Although there are no guarantees about if or when cable TV might be restored, I do promise that we will look very seriously at the reliability of internet access campus wide," he said.

## VPR's Hirshfeld expresses morality

By Jadie Dow  
Spartan Contributor

The polls have been closed, the ballots tallied, and the results of the 2014 elections have seen their day in the press. In a combination of two worlds that seemingly never sleep, the campaign strategies and news stories for the 2016 election are undoubtedly underway. These stories delve far deeper than basic data reporting and are comprised of countless ethical decisions on the part of the reporter and news outlet.

In a discussion with a Castleton Campaigns and Elections class last Tuesday, long-time Vermont Public Radio political news reporter, Peter Hirshfeld said he is faced with questions of morality everyday that vary from whether to eat from a campaign party buffet table to the words he sends to print. He stressed the importance of remaining unbiased due to the influence his words and actions can have on public opinion.

"It's about your power as a broadcaster. The news you release is going to influence people and the outcomes in

the elections. So the real question is, is it worth it?" Hirshfeld said.

He recalled an incident early in his career where he was presented with a series of documents containing information accusing Tom Salmon, who was running for auditor in Vermont at the time, of committing loan defaults in California. Hirshfeld said the information, which he presumed came from whistleblowers, came into his hands just 24 hours before Election Day of that year.

After some deliberation, Hirshfeld and his colleagues decided not to release the information. This decision, which was mirrored by other news outlets in the area, prevented Salmon's name from being entirely tarnished as voters made their way to the polls and gave him an opportunity to explain his position once the story did hit the stands.

According to Hirshfeld, there are three things to keep in mind when reporting news: Is this something worthy of reporting? How are we going to report it? What are the consequences if this gets out?



JADIE DOW / SPARTAN CONTRIBUTOR

VPR's Peter Hirshfeld discusses covering political races to a Campaigns and Elections class.

Hirshfeld, very animated for a radio broadcaster, was insightful when it came to his profession. To put politics in terms everyone would understand,

Hirshfeld compared two politicians to two sports teams.

*Continued on Page 6*

## From Castleton to the big stage

### Twiddle keyboardist reflects on life in a jam band



COURTESY PHOTO

Twiddle keyboardist Ryan Dempsey dons his Ninja Turtle look.

By Samuel Canney  
Spartan Contributor

As the door opened to the home of Ryan Dempsey, keyboardist for the local band, Twiddle, it was interesting to be greeted instead by his tour manager.

It was 7 p.m. and Dempsey was asleep on the couch.

As he woke, he seemed startled to see somebody standing in front of him, then rubbed his eyes and got up. He was wearing Ninja Turtles one-piece pajamas, a turtle shell hat and red mask over his eyes. He

had a bottle of Zhenka vodka in one hand and tea in the other as he got off the couch with a groggy, hazy-eyed "hello."

His keyboard sits on a porch surrounded by windows that hangs right over the cusp of Lake Bomoseen. It's the equivalent of a CEO's office with a great view of the city, a perfect place for a musician's office.

The 28-year-old Dempsey has been playing in Twiddle since he was a junior at Castleton College

"It's like if you were a kid and wanted to play in the

NBA. That's how it feels. I'm living my dream. It's something you just never think is going to happen because it seems like the impossible," he said smiling.

With tours all over New England, and tours becoming more regular in the west, Twiddle has developed quite a following.

(When asked about)But is fame a blessing or a curse?

"I love talking to fans so much. I want to talk to every single fan. I want to get to know them on a personal level. I feel people's energy and I



COURTESY PHOTO

Twiddle jams for the masses.

love to talk to everyone and when people want to talk to me," he said. "I always want to make it positive. I just want to exert positivity."

Robert Wuagneux, one of Dempsey's professors at Castleton College, called him a "a kind and gentle spirit" who is "sensitive, tasteful and clever."

"He was a good student who was very insightful, cooperative and interactive. I like their music and I consider them to be fellow professionals," he said.

But Dempsey described another Castleton College pro-

fessor, Robert Gershon, as his mentor. And Gershon, chairman of the communication department, had nice words about Dempsey. He said he was always a hard worker on the projects that he wanted to work on. He called Dempsey one of the best video students he ever had. He said he didn't have much to teach him because Dempsey already knew so much.

*Continued on Page 6*

## Freshman author tops Amazon charts

### Doyle's writing caught the eye of famous author Nicholas Sparks

By Ruby Bushey  
Spartan Contributor

In seventh grade, Barbara Doyle entered an online writing competition with a short story she had written, in part hoping her name would be known in public. She soon learned her story would grab more attention than she could imagine, including from famous author Nicholas Sparks.

Doyle won the competition that year and got to go out to lunch with Sparks, who became part of her inspiration to write books – seven books to date.

Doyle wrote one teen romance genre trilogy published last year, she is signed for a second trilogy to be published next year, and has a single novel coming out in January. By the time she was 17-years-old, Doyle was a top selling author on Amazon.

Now she's a determined freshman at Castleton College where she ironically takes entry-level courses in writing and American literature.

Doyle grew up in Cherry Valley, N.Y., a small town with just under 500 people.

A quiet, very shy child growing up, Doyle had always written short stories. Hyped up on

Mountain Dew and often listening to Kenny Chesney's 'There goes my life' or more recently 'All about that bass' by Meghan Trainor, she sits in her room closed away from the world and write.

"She is very focused on reading and writing. At 14, Barbara wrote her first novel," said Dawn Doyle, Barbara's mother. "She would use her grandmother and brother as guinea pigs in stories she wrote. They were always funny. She is determined and has a real future."

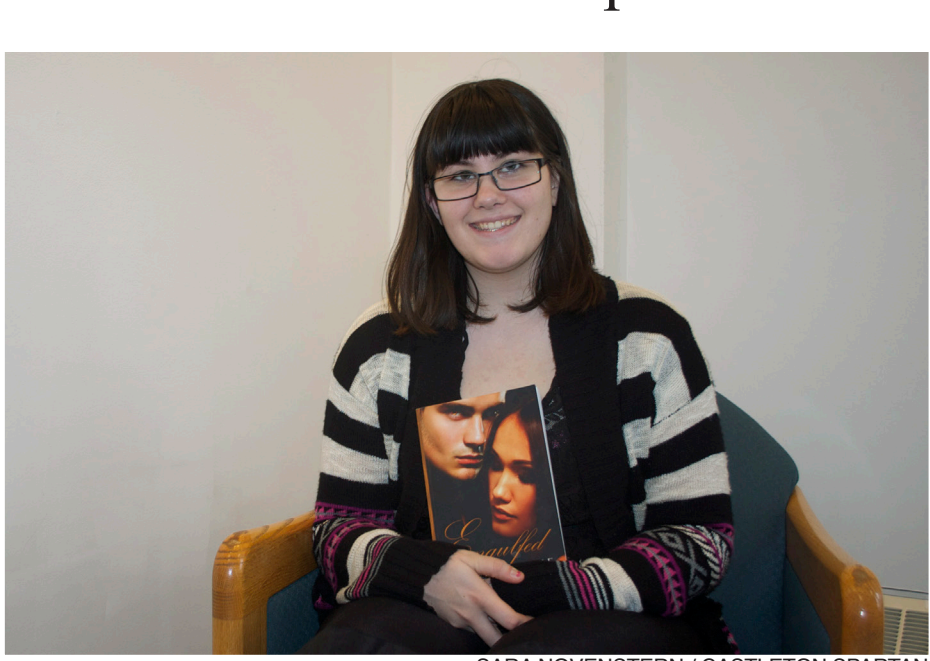
The ambitious Doyle also wrote for her local newspaper, a column called "Life as a Teenager."

But Doyle's life wasn't without controversy. She said there were a lot of family complications growing up, mostly revolving around her brother.

"I am very close with my older brother. He got kicked out the Army and in small town rumors flew," Doyle said.

Doyle didn't further explain her brothers release from the Army but according to her mother her success seems to have surpassed these troubles.

*Continued on Page 6*



SARA NOVENSTERN / CASTLETON SPARTAN

Freshman Barbara Doyle poses for a profile shot with one of her teen romance books. She is under contract for seven books to date.



# Getting geared up for Black Friday

We’ve all seen the memes. “Black Friday,” they read. “When people trample each other for cheap goods mere hours after being thankful for what they already have.”

It’s a strange and barbaric practice that has become a great American tradition. In 2013 alone there were shootings, stabbings, brawls, car wrecks, lots of pepper spray and even a death – all Black Friday related.

This year is poised to be the busiest Black Friday in eight years, according to a survey reported in Forbes magazine. But it’s not just Friday anymore. The sales are starting earlier and earlier on Thanksgiving Day.

J.C. Penney will open at 5 p.m. this year. Five! That doesn’t even give you time to digest the array of various casseroles you consumed before tearing through the gates and punching a soccer mom in the face for the last pair of size sevens.

It’s this kind of insane behavior that led the Philadelphia police force to coin the term “Black Friday” in 1966 to describe the mayhem the first day of the holiday shopping season brought to downtown Philly.

Retailers weren’t to happy their most profitable day of

the year was getting such a bad rep, so they pulled a fast one on us and spun it to mean something positive. In the business world, red signifies loss and black signifies profit, so Black Friday now means, “profit Friday.”

But should it be profit day? Not only is it the day after we give thanks for everything good in our lives, but it’s also the first day of the holiday season. And no matter which winter holiday you celebrate or how you choose to celebrate it, it’s a time for family. It’s a time to see old friends. It’s a time for acts of kindness and appreciation all the little things that make your life great.

The stores aren’t going to stop opening early if people don’t stop going, and young people are a pretty big portion of Black Friday shoppers. It’s not just soccer moms. So think about staying home this year. Sit in front of the woodstove, snuggle with your puppy, eat your pie and shoot the breeze with your drunk uncle. Because after all, isn’t that what the holidays are all about?

And hey, if you really can’t resist the deals, there’s always Cyber Monday, when you can sit on your couch and spend money like a true American.

-Jorah McKinley

# Let’s end the waiting list

Elvis Presley may have had a blue Christmas, but what the king of rock ‘n’ roll might not have realized is that for many, these blues are very real – and they last a lot longer than the holidays. Without some sort support network or counseling, symptoms can last months, mainly during the fall and winter.

According to a cleveland-clinic.org article, seasonal depression, also know as Seasonal Affective Disorder, affects approximately half a million people in the United States.

Just in Castleton, 60 percent of students said they have experienced overwhelming anxiety in the past year, according results from to the National College Health Assessment. Even worse, over one-third said the depression reached a level where it was hard to function normally.

It was also reported that over half the students at Castleton have received help from a counselor or psychologist. As a result, there is now waiting list for counseling, a result of an unbalanced ratio of students seeking help to available staff members.

Can you imagine needing help, but having to wait days or weeks until it’s available?

Jamie Bentley, coordinator of Campus Wellness Education, said the waiting list fluctuates constantly, but there can be as many as eight to 10 people on it at a time. From this list, students may wait anywhere from two weeks to a month or more.

There are openings sometimes, she said, but not very often. When these openings

arise, however, they have to match the student’s schedule, which is where the breakdown often occurs.

Before the sessions begin, students provide background information and the severity of the depression. If it is determined to be very severe, like including suicidal thoughts, the student will be seen immediately.

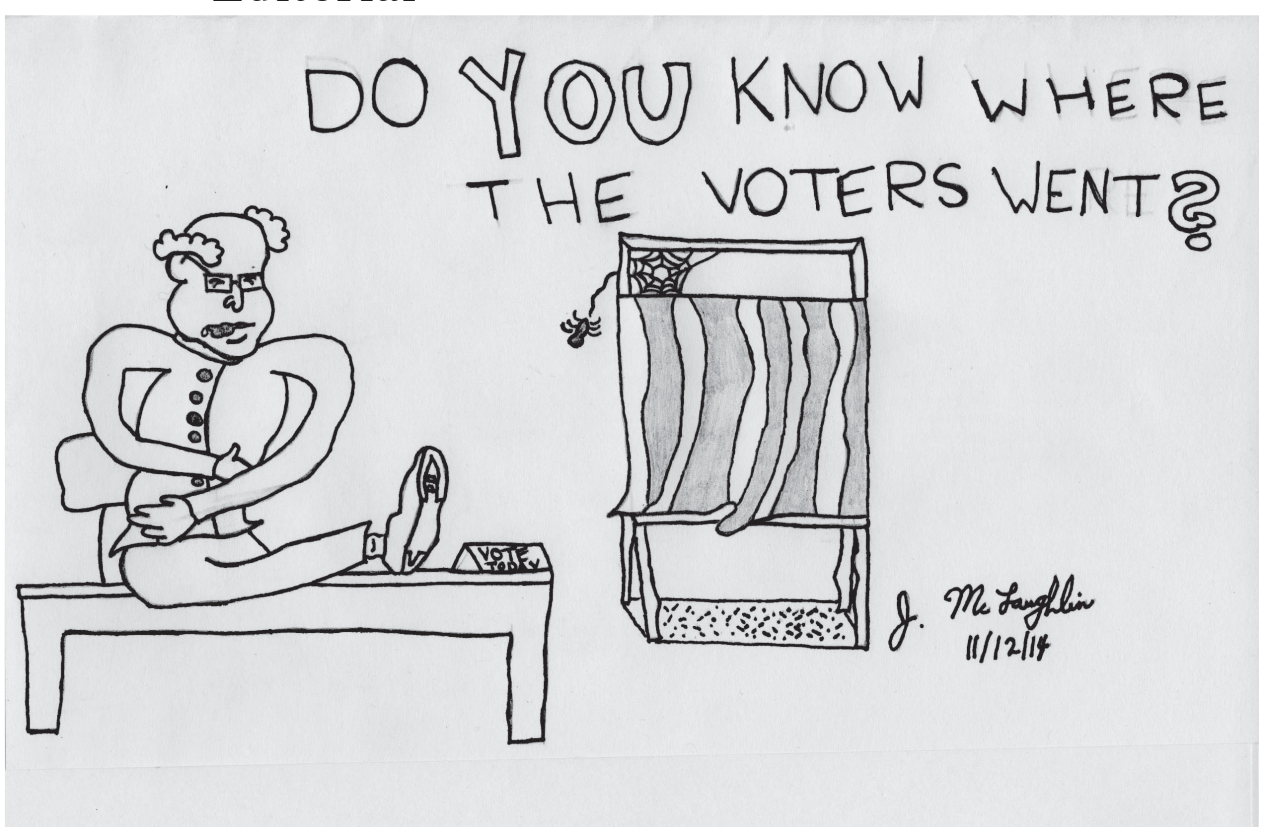
Bentley said the Wellness Center staff is doing everything it can with the staff it has and clearly the work has paid off. After a counseling center survey was conducted last year, results showed 50 percent of the students who had received the services said the counseling really impacted their ability to stay at Castleton.

This year they have two returning student interns who help out three days a week as counselors. Currently, Martha Coulter, director of the Wellness Center, is the only actual counselor on staff, and that may be a problem.

It seems clear that more counselors need to be on staff. With the money the school uses for other costs, there may be a way to use a small amount to hire a few more professionals. After all, the school is here for the students, and this directly effects their educational and social lives.

Depression is not something to take lightly. Students are reaching out for help, and although the help is there, the timeliness is not. It might be time recognize that this is a huge problem and measures need to be taken to improve it.

-Kaylee Pratt



# Veterans Day at Woodruff Hall



MATT ZITWER / SPARTAN CONTRIBUTOR  
Community members and students gather outside of Woodruff Hall in celebration of Veterans Day.

# Fresh Perspective



How many of freshmen started this semester in a relationship? Now tell me how many of you are still in that relationship. We all know how hard it is to stay in a committed and healthy relationship. Once you add on all of the stress of classes, homework, and extracurriculars, the odds of your relationship lasting are definitely not in your favor.

So many freshmen enter college thinking that their relationship is stron-

ger or that this time it’ll be different. These relationships are ticking time bombs. One of the biggest causes of failed relationships is lack of time for one another. If your significant other does not go to the same school as you, it is virtually impossible to find time for one another. Even if you do go to the same school, there are so many other things going on that distract you from your relationship and are, quite frankly more important.

Another stereotypical college relationship is the one where one of you decided to go to school, and the other one didn’t. This usually results in the non-school goer wanting more time with you because he or she has free time. Most likely, they do not understand that free time for college students is as rare as rain in the desert. At this time an argument would usually occur because of a misunderstanding. Before you know it, relationship over.

Finally there is the third type of college breakup – the cheating. College is the time for people to really put the past behind you and become who you want to be. Starting school with a relationship is bringing part of the past with you. Although I agree that cheating is wrong, it is fine if you meet other people. This is the time when you are supposed to meet new people and make new friends. No one will make you wear a scarlet letter of shame for making new friends. If this is what causes your relationship to end, it’s probably for the best and wasn’t going to work out anyway.

Now, for those of you who are reading this and are thinking, “What!? This girl is crazy. I have been in a positive relationship since the beginning of the semester and we are really happy!” Well, I congratulate you. You did something that the rest of us couldn’t and that is great for you. I genuinely hope it works out. But if it doesn’t, that’s okay too.

You are allowed to fall in love more than once. Chances are, you will. Try not to take relationships too seriously. You’ve got a lot going on already being a full-time student. Enjoy being young. You only get one life, live it up.

- Carly Trombley

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# Students learn about longest losing battle

By Jorah McKinley  
Castleton Spartan

Fifty-one billion dollars spent and 1.55 million Americans locked away on non-violent drug charges in a single year, and all from just one year of the war on drugs.

In January, we will be entering our 44th year. It's the longest, most expensive and least effective war effort in our country's history.

This semester, a few Castleton students are learning all about it in a special topics course. The course is called Media, Social Activism and Political Action, but this semester it's focused on drugs in American society.

"This is probably one of my most interesting classes," student Sara Harrison said. Before the class, she admits to not knowing much about the topic.

"If someone asked me what the war on drugs was, I would have had no idea," she said. "I didn't look at it as a war."

As a special topics course, professor Michael Talbott could have chosen virtually anything pertaining to media and activism to focus on, so why choose the drug war?

"You're most likely to first encounter drugs when you're a young person in college," Talbott said. "It's important to be educated on how individual drug use fits into a larger social fabric. Doing something on a personal, individual, private level has larger repercussions in society."

The students have been shocked by what they're learning.

"I didn't know the financial impact it made on this country," Derek Fallon said.

That financial impact has totaled at least a trillion dollars over the years. That's \$793 per second.

It was the minimum sentencing laws that shocked Harrison.

"Rapists can receive shorter prison sentences than non violent drug offenders," she said, appalled.

So what does Talbott think is the most shocking thing he teaches his students?

"How ineffective the war on drugs has been," he said. "They say insanity is doing the same thing over and over again and expecting different results, and that's exactly what has happened with the war on drugs."

But the class isn't only focused on learning about it. It's also about doing something about it. Students are creating their own activist media projects pertaining to drugs in America.

Harrison's group is creating a film that will hopefully raise young people's awareness about the war on drugs and teach them why it affects them.

Fallon's group is focusing on alcohol on college campuses.

The third group is working to raise awareness about Vermont's new philosophy on drug addiction.

Talbott doesn't expect the students to turn into gung-ho career activists. He's just looking for them to become more socially engaged and more "conscious and aware of how media shapes our values and our attitudes," he said, and hopefully become better citizens in general.

"I don't think this is an issue any of you are likely to forget," Talbott said.

# Rain gardens act as sponges for runoff

## Professor Ann Honan: There is more work to be done

By Kaylee Pratt  
Castleton Spartan

It's the time of year again when flooding and erosion become an issue in many areas where runoff collects. But for Castleton College this ongoing problem has been solved.

In three separate locations around campus, you will notice rocks that surround something resembling a garden. They aren't just any normal gardens, however, they're called rain gardens and the purpose they serve is much greater than simply giving people something nice to look at.

"They are like a big sponge that stops water flow, and that water flow could be detrimental to the environment," said Ann Honan, anatomy and physiology professor.

Honan teaches a Sustainable Landscape course in the summer and this was one of the big projects the class worked on this past summer. Students who participate in the course are part of the college's Upward Bound program, which is designed for college bound high school students in Rutland County.

Although one of the biggest goals of a project like is to protect the environment, it's not the only purpose Honan said.

"It's a way to educate people about how to solve a problem. We choose

projects that are visible, feasible and they can engage the community," she said.

The gardens are located beside Jeffords Center and on the frequently walked path from Glenbrook Gym to Huden Dining Hall. The third, which was not built by Upward Bound students, is located beside the Coffee Cottage.

The locations were chosen and carefully placed where runoff seemed to be creating concern. Rain gardens are meant to capture rainwater runoff and potentially harmful pollutants from runoff sources like pathways or buildings, and prevent it from getting into the water system.

One of the most noticeable locations was the path outside of Glenbrook. Students constantly use the path when walking to other locations and eventually it got so muddy it was impossible to use. However, Honan said the students weren't the issue.

"That problem was water runoff, it's not because the students walked through there. Water can move soil faster than people's feet," she said.

Students may not understand exactly what the gardens are for, but they have noticed them.

"Before someone told me, I had no idea what it was. But it does look cool with the way the rocks are formed around it," sophomore Alex Madsen



SARA NOVENSTERN / CASTLETON SPARTAN

**Grady Wimble, Eammon Flynn and Couper Shaw relax above the rain garden outside Glenbrook Gym.**

said.

She also said the path is a lot clearer now as compared to the muddy mess it was last year.

Others agreed.

"The changes they made to the path not only help with the muddiness and added to the hill of grass, but it's also nice because I think it motivates

students to use the path more," senior Meghan O'Sullivan said.

Ultimately, the goal is to eventually put a bench near the garden with some specific information about rain gardens.

"We envision more to be done there. That project is not done yet," Honan said.

# An unmatched drive

## Senior point guard perseveres after two major injuries



COURTESY PHOTO

**Senior point guard Jade Desroches dribbles the ball up court in a game last season.**

By Jorah McKinley  
Castleton Spartan

Jade Desroches doesn't remember much from the night of her back surgery, just a lot of visitors, a lot of gifts and a lot of pain.

But all those visitors and Desroches' mother, Lorraine McAllister, remember something else.

"I know everyone that came and saw her that week was thinking that she would never play sports again," McAllister recalled.

She was only a sophomore in high school at the time.

Flash forward five years, almost to the day: It's 2014 and Desroches, now a junior at Castleton College, scores a career high of 32 points and lifts the Spartan women's basketball team to

its first NCAA Tournament win in program history.

In high school, Desroches was a three-sport athlete, but a tomboy and destined athlete long before that.

"I could not get her to wear girly colors until at least eighth grade," McAllister said.

In junior high, Desroches came down with mono and was supposed to be resting, but her mother would catch her outside kicking a soccer ball against the barn wall or sneaking out to shoot hoops in the driveway, even in the snow.

Desroches was 4-years-old when she first started playing basketball.

With four brothers, it was hard to avoid, Desroches said, wearing a grey Spartan basketball sweatshirt with her hair in a tight ponytail. She's sitting in the living room of the tiny one-bed-

room apartment she now shares with her boyfriend.

She played every sport Enosburg High School had to offer, but basketball was the only one she played year round.

**The bad news**

The pain started in eighth grade.

Desroches started sitting out practices and missing soccer camp. As the pain in her back progressed, she couldn't even stand for more than 20 minutes.

"It was really...really...bad," she said looking down at the floor.

She started seeing doctors, and ended up at The Spine Institute in Burlington, where she finally got her diagnosis.

It's called Spondylolysis, and according to medicinet.com it's "a condition of the spine whereby one of

the vertebra slips forward or backward compared to the next vertebra."

Her vertebra had slipped 80 percent out of place.

"So it was falling into my pelvis more or less," Desroches said in an off-hand manner.

She would need surgery – soon. She makes light of it today, but the mood was much more grim at the time.

Eight hours, seven inches, six screws

"Jade and I both cried the day we found out she needed surgery," McAllister said. "Mostly I cried when she wasn't home because I was scared, but I didn't want her to know ... I tried to be strong for her."

The doctors told them there were no guarantees when working on an area as sensitive and crucial as the spine. A lot could go wrong.

So on March 26 of her sophomore year, just weeks after receiving her diagnosis, Desroches went under the knife at Fletcher Allen Hospital.

She emerged after eight hours with a seven-inch scar and six screws holding her spine together.

The surgery went well, but the pain was worse than ever.

It was so bad that after a visit from her cousin's husband, a soccer player and owner of the Vermont Voltage, he told his wife later that night that Desroches would never play again.

Everyone was thinking it, but no one said it out loud, said McAllister, but they didn't know how positive and determined Desroches would be.

And so, her fight began.

Five days later, Desroches came home from the hospital. The next day she took a two-mile walk using the kind of walker you see 85-year-olds using, complete with the "tennis balls on the bottom."

It was clear that Desroches would not be going down without a fight.

"She was supposed to be out of school for six to eight weeks – she went back to school after two-and-a-half weeks," McAllister said. "We knew from there she was going to come back 100 percent."

"I actually got cleared a month early, which is really unheard of, but I begged my surgeon," she said with a laugh, adding that she was quickly surprising people with her level of play.

*Continued on Page 6*

# Business students honored

By Molly DeMellier  
Castleton Spartan

Last Wednesday, in a ceremony before their families, classmates, professors and deans, a group of prestigious junior and senior business students and one exemplary community member were inducted as Castleton's seventh chapter into the Sigma Beta Delta Honor Society.

"Castleton has been training business professionals for over 200 years," said Academic Dean Tony Pepper in his opening remarks. "You are heirs to the great history."

As the largest group inducted into the Society, college President Dave Wolk said the students represented approximately the top five percent of their department.

"It is such a great moment to be inducted into Sigma Beta Delta," Pepper said.

Wolk acknowledged the students' contributions outside of the classroom

and said that their leadership, service to the community, and portrayal of character in both their academics and extracurricular activities was a proper representation of both Sigma Beta Delta and of the college.

"That's such an important part of you education," he said.

In addition to the 20 student honorees, the Society also inducted community member Thomas Huebner, president of Rutland Regional Medical Center and Rutland Regional Health Services.

After earning his BA from Colby College and then a MBA from Boston University, Huebner joined Rutland Regional Medical Center in 1990 and has been its president since 1997.

According to Wolk, Huebner's efforts extend beyond the 9-5 parameters and he is an actively engaged member of the surrounding community.

With 39 years of experience in the field of health management, Huebner encouraged the Castleton students to



MOLLY DEMELLIER/CASTLETON SPARTAN

**Business students pose after being inducted into Sigma Beta Delta Honor Society.**

follow their passion and their business success will follow.

"Find the work you love to do," he

said. "Find something you are truly passionate about and work for it."



## A minute with Michael

Michael Sabataso



Question: What is your favorite part of Thanksgiving?



Tegan Waite  
Freshman

My favorite part of Thanksgiving is spending time with my family.



Corbyn Loomis  
Freshman

My favorite part of Thanksgiving is all the great food, great friends and family that I get to meet.



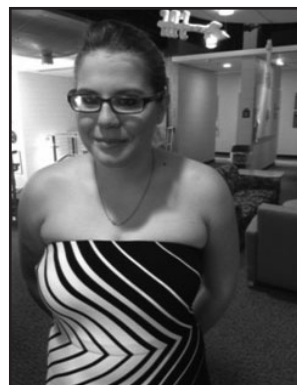
Liza Tarleton  
Senior

My favorite part of Thanksgiving is getting to see my family and of course the food.



Katie Campbell  
Sophomore

Mine is definitely spending time with my family and the nap afterwards.



Taylor LaFevre  
Junior

My favorite part of Thanksgiving is having all my family in one place.

# Market unveils Native American work

By **Abi Foster**  
*Castleton Spartan*

If you are looking for a cultural experience or the perfect set of turquoise earrings, there is no better place to visit than the Santa Fe Plaza; home to the Palace of the Governors.

Thought to be one of the oldest government buildings in the nation, Palace of the Governors has been turned into a museum that also supports the traditional Southwest Native American arts and crafts.

Rain, snow, winter or summer, when you enter the plaza you will see a whole strip of Native American artists lined up outside the palace with their traditional designed jewelry and pottery arranged perfectly in front of them waiting to be bought.

For most of these Native American artists, this is a trade

that has been taught down from generation to generation. Ceslie Aguilar, from the San-to Domingo Pueblo in New Mexico, proudly spoke of her role there.

“This is our job; it is one of the main things we do,” she said.

Aguilar explained how in order to obtain a spot on the strip to sell your product, your name is pretty much put in a system just like the lottery

“There are around 71 spaces that we can occupy, but there are also a total of around 100 artists looking for a spot,” she said. “You also won’t always be in the same spot. You can end up moving all over.”

From generation to generation, Aguilar said the trade of jewelry making and using other Native American art techniques is passed down. She learned the art of making

turquoise jewelry from her aunt and mother, who have been occupying the Palace of the Governors strip for years.

“For me, I have only been here for about three years. My aunt and mom are artists as well. They have been here longer, for about 25 years,” Aguilar said.

One woman, who asked not to be named for fear her Pueblo may get upset with her, talked about where the turquoise from her jewelry came from.

“Miners bring beautiful cerillos turquoise from Arizona and I handmade it right at home,” she said.

Back before modern technology, it would take an hour to drill a perfect hole through the stone with the tools her ancestors used. But now she explained, power tools have turned a long process into a quick step.



COURTESY PHOTO

**Native American jewelry is on display at an outdoor market in Santa Fe, N.M.**

This outdoor market is filled with the history and culture these people have long preserved. From beadwork

to weaving, the Palace of the Governors continues to support the production of Native American art.

# Embodiment on wheels



SARA NOVENSTERN/CASTLETON SPARTAN

**Matthew Sanford instructs a yoga session in the 1787 Room.**

By **Callie Ginter**  
*Castleton Spartan*

As Matthew Sanford pushes and pulls himself along among the Castleton College students, he instructs different postures and poses for them to practice.

There’s the downward facing dog, the mountain pose, the spread eagle and then back to downward facing dog.

“I dare you to feel more than less,” said Sanford encouragingly.

Although Sanford describes the exact sensations that are induced while stretching, he himself is paralyzed and in a wheelchair, and cannot feel any of it.

Or can he?

Sanford is a nationally recognized yoga teacher and author, as well as an expert in mind and body awareness.

When he was 13-years old, he tragically lost his father and sister in a car accident. His mother and brother survived, but he teetered between life and death from his injuries.

He recovered and Castleton’s Soundings Committee invited in to come tell his story and give a basic yoga lesson. But Sanford made it clear early in his talk on Nov. 5 night that he didn’t come to speak or even write his book to explain *his* life.

“I wrote the book not to explain my story, but to let the reader find their story,” he said.

Sanford teaches about transformation and that the ground of transformation is in the mind and body. He explains the connection between the mind and body saying your body is part of your consciousness. He encourages

people to get more comfortable with their bodies even though we are taught to not believe in them.

“The culture gives a message biased against the body,” said Sanford.

“You only get one body, I took advantage of mine for too long,” he said.

Although this seemed like a relatively heavy topic to teach in less than a couple hours, students said they were able to relate.

Freshman Eric Cerra recently lost his father, who was also a paraplegic.

“I personally couldn’t relate to the sensations that he described, but my father told me being in the position he was in life, he had the amazing opportunity to connect his mind to his body, which allowed him get the satisfaction of the ability to physically

feel the sensations run through his body even though he would never walk again, like Matt,” Cerra said. “Overall his speech was amazing.”

Students who did not have such an extreme situation in life, but simply just practiced yoga, also related to his lesson. Sophomore Pantira Ratanapratum has practiced yoga since high school, and was intrigued with Sanford’s lesson.

“I really got a lot out of it, especially the one where we put our feet against someone’s back. That was great,” she said of a second yoga session Sanford led on Thursday.

Sanford, a native of New Mexico now living in Illinois, has worked with a variety of groups including Navy Seals who have come back from Iraq with PTSD and with people suffering from serious eating disorders. He travels around the world educating people and says his work is driven by the 13-year-old boy who transformed that day of the accident.

“I became an adult at 13 ... I still have the innocence of a 13-year-old,” he said.

Sanford told a story about when his only son was young, he was watching Sesame Street, and was naked from the waist down. He described how his son decided to hang upside down off the couch, completely free and comfortable and he thought to himself, “Oh my god, he’s figured it out!”

Sanford understands that not everyone is going to be able to “figure out,” or appreciate what he teaches, but if anything, he said he wishes people will simply trust time, trust life, and trust their bodies.

“I hope more than anything you *felt* something,” Sanford said.

# India trip has spots left

By **Callie Ginter**  
*Castleton Spartan*

Philosophy Professor James Hagan has been taking students on trips to Asian countries for 15 years. India, China, Tibet, Bhutan, Nepal, Thailand and Cambodia are all places on the list.

“Asia is my thing,” said Hagan.

This winter, from Dec. 27 to Jan. 12, roughly 25 students can go on his latest trip to India, but he said seats are filling up quickly.

The trip includes visiting various different parts of India, and getting a real taste of the India’s culture, he said.

“You can smell the incense, you see the monks meditating, it’s really powerful stuff,” said Hagan.

Megan Harris, a 24-year old Castleton alumna, went on the trip in 2011 and loved it.

“We went to Calcutta, spent a lot of time in North India, near the border of Nepal. We got to see monks and nuns in their temples,” said Harris. “India is the dirtiest, most beautiful, friendliest, scariest and the most enlightened place in the entire world.”

“Though I’m no world traveler – this being my first real experience with the foreign – I can’t imagine a place more pleasantly different than India.”

Hagan said studying abroad is extremely important for students to better understand the world they live they live.

“It’s a very powerful tool, and kids are changed after the trip,” said Hagan.

Harris supported his assertion saying she came back a different person.

“It really was life changing ... I’d get back on a plane and go there in a heartbeat,” Harris said.

For her Harris said, for her, the trip provided not only insight on another culture, but also left her with perhaps more questions than answers, and she said she’s ok with that.

“If I could say anything about India, it is that I have no idea what to say. Anyone who knows me knows I am not easily confounded, that I am a reactionist always poised with a response,” she said. “If India gave me anything, it was the ability to be okay with not knowing the answers — something that formerly kept me up at night.”

“I have never been less sure of myself and more comfortable with my obliviousness than I am now.”

Despite having traveled there numerous times, Hagan is excited for the trip, and hopes students are as well.

“It is very rewarding, the impact it has on these kids ... I really enjoy what I do,” said Hagan.

Students interested in going on the trip should contact Hagan via email.

# Seniors whittle down their bucket lists



COURTESY PHOTO

**Senior Meghan O’Sullivan smiles and checks riding a tractor off her bucket list.**

By **Cassie Pinaire**  
*Spartan Contributor*

It can be a scary thing to enter your senior year, or even your final semester of college. The real world is out there waiting and not many of us really know what we want to do yet. Even the lucky few who do have plans in place are still terrified, but excited for what the future has to bring.

A trend that seems to be taking shape among Castleton’s senior class this year is the creation of “graduation bucket lists.” These lists in-

clude everything seniors want to accomplish before they graduate in either December or May. While some accomplishments may be serious, most of the items on the lists are silly and fun. Some seniors might feel that college is the last time where doing anything silly just for the heck of it could be considered acceptable.

Meghan O’Sullivan, a senior from New York, says that bucket lists are good to keep goals from getting passed by or falling through the cracks.

“Having a list makes it real,” she said.

O’Sullivan added that she personally wants to see a moose before she graduates from Castleton. To date, she has already crossed some items off her list, including riding on a tractor and hiking Birdseye Mountain. She also believes a bucket list should include both individual and group goals.

“Do things you want to accomplish with your friends, but also do things you want to accomplish on your own,” she said.

Sarah Bergstrom, a senior from Connecticut, has an actual list typed on her computer as her senior year bucket list. Some items on the list include going to Canada and camping outside in the great outdoors of Vermont.

“I waited too long to realize that I was in such a cool place. Every one kind of puts Castleton down sometimes when actually we are in a really cool place full of opportunities,” she said. “I want to experience these things while I have the chance and while I’m here, because once I graduate I probably won’t be back for a while.”

Fellow senior Josh Budzinski, originally from New Jersey, has more extreme items on his agenda.

“It gives you personal goals that aren’t school related

and it can break up monotony of the everyday,” he said.

Budzinski said he plans to visit as many breweries in Vermont as possible, go sky-diving, and hike more places in Vermont to complete items on his bucket list before graduation.

Cameron Maurer, from Essex, Vt. and a senior graduating this semester, said he too thinks that bucket lists are a good idea.

“Setting goals for yourself, even if they are crazy and far fetched, is good and if you achieve them then you feel accomplished,” he said.

One item on the bucket list of this reporter was to write an article for *The Spartan*. I’ve wanted to since I was a freshman and here it is!

The soon-to-be-departing seniors had a few words of advice to the underclassmen.

“Don’t wait until your senior year to get out and explore the area. There is a lot of potential in our backyard,” Budzinski said.

Bergstrom mirrored Budzinski’s suggestion to enjoy being a Spartan in more than just their senior year.

“Even as underclassmen, the countdown to graduation has already begun and it’s bittersweet,” she said.



# Can't wait to get home

By Matt Trombley  
*Castleton Spartan*

Salvation is almost here. It is the last week of my 10-week travel season and I'm ready to put the road behind me. The last weeks haven't been tiring just for me, but for everyone else in my path.

High school counselors are trying to get letters of recommendation and applications out for students and that means they will rarely meet with me now when I visit schools. Students have been through so much for college preparation, like writing essays and applying for scholarships, that I'm lucky if any students sign up to meet with me for visits as well.

It's crunch time and everything is winding down.

Traveling has been a great experience for me. I've learned a lot about myself and had the opportunities to take advantage of my travel. Last weekend, I got to go to Pittsburgh to see my newborn niece, Meera, just two days after she was born. That precious little gem put a lot of things into perspective for me.

This job has been great for networking, experiencing new things and seeing old friends and family. But at what cost? It has meant time away from my home, Castleton, which I truly feel is one of the best places in the world. It has meant time away from my wife, which has taken the biggest toll on me, and I feel it has taken a toll on her as well.

After being away for so long, Castleton just feels like the place I describe to students and counselors.

"Trust me, it's absolutely gorgeous there, especially with the foliage," I'll say.

The usual response I receive is "Oh how is the foliage?" or "is it starting to get cold up there?"

The only thing I can honestly say is "I don't know, I'm not there."

I'm ready to be home, with my wife, and feel grounded for the first time in almost three months. Like I said, this has been great and I will be forever grateful to Castleton and the Admissions Office for giving me this amazing opportunity.

But as it's time to look for a new job, I'll be looking a little bit closer to home.

# Theater department takes on "MacBeth"



CHRISTOPHER WILLIAMS/CASTLETON SPARTAN

**The theater department performed "MacBeth" in Casella Theater.**

By Catherine Twing  
*Castleton Spartan*

Shakespeare's plays are some of the most enduring yet most challenging plays in existence.

Castleton's theater department took a swing at this challenge last weekend

performing "Macbeth," directed by professor Harry McEnerny. As expected, the cast and crew excelled in some areas and fell short in others.

One aspect that really made the show interesting was the set. Unlike the other productions this semester, this set was large and intricately designed.

Designed by the stagecraft class,

the large set pieces were innovatively engineered and decorated – and made the actors look small. This effect put the audience in the plot and helped them to view it as a fantastical story rather than real life.

Two of the four set pieces were actually functional: the spinning "hobbit hole" door and the metronome-like object.

As someone who has seen "Macbeth" performed four times, I have come to expect certain scenes to go specific ways. The Castleton cast did not follow many of those expected paths, which was surprising, but entertaining.

A great example of this is the way Ana Haytko portrayed the porter. Every time I've ever seen "Macbeth," the porter does an exceptionally drunk and drawn out "knock knock. Who's there?" Haytko, however, did a much more realistic demonstration of a drunk person, who got mad every time she asked "who's there?"

At first, this difference confused me, but after a while I realized how effective and hilarious she had made the scene by doing it this way.

There were many clips of music used throughout the show. This was a hit or miss element that fit the scene well as often as not.

The lighting was a very important part of the show too. As characters were being killed, the lights either went down to avoid the gory mess that would ensue, or a spot was put on the character as their throats were slit in slow motion. The opening sequence also involved spot lights to dramatically introduce the main characters and the weird sisters.

I have come to know the challenges of performing Shakespeare by participating in several Shakespearean productions through Shakespeare & Co in Lenox, Mass.. Chief of those challenges is making the audience understand the archaic language. This really comes down to the intonation you use while speaking your lines and the body language you put with those words. Without these elements, Shakespearean lines and monologues can be confusing and boring for the audience.

An actress who did a truly fantastic job with her role was Haley Ryan playing Lady Macbeth. Lady Macbeth, being the one who instigates the killing, is a difficult character to play. Ryan really explained the words she was speaking with her actions and her tone of voice, making her an enjoyable character to watch.

# Q&A with Dean Blotto Gray

By Christopher Williams  
*Castleton Spartan*

Snowboarding becomes a culture only when the experience is shared, and Dean Blotto Gray is a photographer dedicated to sharing the snowboard experience. For more than 250 days a year for the past 15 years working for Burton Snowboards, Gray has documented the snowboarding life. He has become one of the most inexhaustible photographers the young sport has yet seen and was kind enough to recently bounce emails back and forth with me despite his busy schedule.

CW: You travel an insane amount for Burton so obviously your office travels with you. How do you churn out the quality without all the perks a real office can provide?

DBG: The task at hand is to document the Burton Snowboards Team as they travel, compete and film around the globe. I need to deliver inspiring photography to the marketing team at the Burton office so they're able to prepare all things advertising. With that said, my office is on the road with camera in hand, and with today's laptop technology (aka: editing programs and a Wi-Fi signal) I can deliver my work from any location around the globe. Back in the day you would have to connect your laptop any which way possible to public telephones to get a dial up connection. In Japan they have these green and grey public stand up telephones usually on the side of the street/highway so you could catch me there every morning and night sending emails / photos even when it was dumping snow outside! I met hundreds of deadlines while cursing my slow con-

nection! Wi-Fi signal is definitely way easier these days and pretty common nowadays. Airline flights are offering Wi-Fi signal while in air, so the sending/receiving capabilities at all hours of the day are being realized.

CW: Photos over dial-up must have required some zen mind state meditation. I get antsy if it takes too long to transfer from Camera RAW to Photoshop. I think my computer is going to meltdown.

DBG: Too many good, long, funny, meditative, frustrating moments waiting on dial up! And I'm glad I had a good calling card to cover those charges!

CW: Speaking of meditative, frustrating moments, I noticed in many of the interviews you've done over the years you've been asked about your favorite photo, but what I want to know about is the photo you didn't get. Do you have a "white whale" of a photo you never captured?

DBG: This summer at Frendly Gathering (Timber Ridge, Vermont) we were skating the mini ramp with a bunch of heavy hitters when a young girl in festival garb shows up, asks to borrow a skateboard and starts skating. By this time I'm on the side of the ramp finished with my session, changing my shoes, sitting on my board. The girl drops in, does a couple of kickturns then busts a frontside rock n' roll in front of all the skaters, they go nuts! The girl hands the board back, walks into the festival never to be seen again at the ramp. This was certainly a moment I wish I had caught on camera, to see this rad girl all draped in festival gear, landing one of the harder mini ramp tricks on a borrowed board in the middle of a gnarly



DEAN BLOTTO GRAY

**Burton photographer Dean Blotto Gray uses trees to frame his snowboarding subject.**

session. Amazing.

CW: Haha, yeah I remember that, her name is Taylor, and that is basically how she lives everyday. This year at Frendly was unreal. You really love skating and that's obvious when you shoot somewhere likes Chef's Plaza. That's a pretty sacred place in Vermont for a culture that isn't super prevalent here and those sorts of shoots definitely seem special. What assignments or opportunities keep the stoke alive for you after so many years behind the lens? Is it just the variety or is it something else?

DBG: DUDE!! You know that girl... that's insane! Yeah man, I was even standing right in the exact spot that would have been my composition...it was so rad! I call it the best shot I never got. I've told that story to a few of my buddies.

CW: Some shots just stand out to me like "Woah how the hell did they get that?" Is there an example photo or a pho-

tographer who just turns out work that makes your eyes just pop?

DBG: Frode Sandbech is one of my favorite shred photographers. I understand his techniques, but I'm always hyped on what he puts out there, where he uses his methods and such. Rad dude too.

CW: Any photos that really changed how you shoot a given job?

DBG:I can't pinpoint any exact image that changed the way I look at photography or capture images. All along the way you're tweaking methods and becoming more efficient given the history of a similar photo situation. I always try and get better every time I go out, which boils down to shooting the best possible image given the surroundings, trick, limitations (of a location) and limitations of gear (you can't bring everything all the time...wish I could!!).



COURTESY PHOTO

**Burton photographer Dean Blotto Gray monkeys around on his mountain bike.**

# Watsky wows Higher Ground

By Jimmy Britt  
*Castleton Spartan*

The sound of a cheering crowd and a wave of bodies dancing to music filled the dance floor at Higher Ground in Burlington on Nov. 9.

The San Francisco based alternative hip-hop artist and poet George Watsky performed for his third time at the venue and the place was electric.

But an hour before he performed, the atmosphere and mood was completely different.

Before his show, Watsky performed a 30-minute poetry set and a meet and greet for a few lucky fans. He performed some of his classic poems like "Nothing Like The First Time," "Drunk Text Messages To God," and "S Is For Lisp." After his set Watsky walked around to the small audience to talk to them and give them autographed posters.

"I want you all to feel like you got something out of this," said Watsky. "If you want me to take a picture with you, Skype your little brother, or if you want to slap me in the face because I said crap to you in a YouTube comment. I just want to make sure you got something out of it."

During the meet and greet, Watsky answered fans questions about many different subjects.

"How was it to play Poe in the Epic Rap Battles of History?" one fan asked.

"It was really cool, but the wig and bald cap were really weird itchy. I liked playing famous poets like him and Shakespeare and using their styles of poetry in the raps. I definitely would do it again if I could do another poet."

Another wanted to know if he thought rappers like Mac Miller are genuine people on stage.

"I honestly don't know him personally, but I think he's true to himself on stage. When I go on stage, I try to be myself, but better. I turn off the negativity in my head and just boost the positive and good in me on stage," he said.

And when asked how he would expand on his next album or mix tape, he said "I would like to work with people I did in the past like Tobias Butler. I'd also like to work with Bo Burnham again but on music this time."

Once the meet and greet was over and all the fans were satisfied, he went to get ready for his show. The opening acts were Anderson Paak with Kush Mody and Max Miller-Loran. All three also play with Watsky and Kyle with Super Duper Brick. All the openers were amazing and revved up the crowd for Watsky.

He started to perform songs from his new album "All You Can Do," but he then changed his line up because of how lively the crowd was. The crowd went crazy when he sang "Ninja's in Paris" from the album "Nothing Like the First Time."



JIMMY BRITT/ CASTLETON SPARTAN

**George Watsky is master of the mic in his third Higher Ground show.**

As the night went on, during the song "Sloppy Seconds" from "Cardboard Castles," Watsky had the crowd kneel down and then jump up at the final hook of the song. But when he performed "IDGAF" from "Nothing Like The First Time" as his closer, the crowd went ballistic and

sang and danced their hearts out.

The whole show was just simply amazing and Watsky said he wants to perform for a fourth time at Higher Ground if he can.



# Desroches defies the impossible

*Continued from Page 3*

## The unlikely milestone

A year later, in her senior year, Desroches scored her 1,000th point in basketball.

"It was basically the best night of my life," she said smiling.

"Everyone wants to score their 1000th point at home, obviously. It was at Richford, which is our rival, and I live halfway between Enosburg and Richford so it's was really close to home."

The stands were more packed than she had ever seem them, filled with family, family friends, friends, friends of friends, and strangers.

"I probably had over 30 family members there...Every time I touched the ball it was so loud. It was crazy," she said.

Desroches needed 16 points to reach 1,000. She ended the game with 17 and ended her high school career with 1,310.

That's when the recruitment letters started pouring in. Plattsburg, Norwich, Elmira, and a bunch more Desroches doesn't even remember.

"If they were out of state I just kind of threw them away. I didn't want to go far," she said. "I was excited when Castleton recruited me because it was in-state and I knew they had a good program for being in Vermont."

Coach Tim Barrett didn't know about her surgery when he first recruited her, but once she got to Castleton she had to tell him. Barrett asked if this was something she thought would affect her game.

"Obviously I said no," Desroches

said laughing.

## A not-so-fresh start

So there she was. She had recovered from her surgery, scored her 1,000 points, gotten recruited to the perfect college and was on track for a great college basketball career. But early in December of freshman year at a home game against Husson, Desroches drove to the basket, went up for a layup and came down with a torn ACL.

When it first happened, she didn't quite realize how bad it was. In fact, she thought she would be back on the court the next day.

"I was hoping it wasn't torn, but when the doctor said it was I just went into a depression," she said. "Because I knew I was going to have to do so much just to be able to play again. I'd have to go to every single practice and just watch. I felt like I hadn't gotten a chance to prove myself as a basketball player yet. It was the very first time I drove to the basket, and then I got hurt."

McAllister described the injury in one word — "heartbreaking."

Her brother, Dallas Desroches, plays soccer at Castleton, so he has been a witness to her entire journey, the highs and the lows, high school through college.

"As an athlete, I know there's nothing worse than an injury," Dallas said. "Knowing that this is what Jade had to go through twice for extensive amounts of time ... I felt so bad for her."

It took months and months of rest and rehab, and the next time Jade Des-

roches played basketball again was the first day of the following season.

"Again, with Jade's determination, she came back strong," McAllister said proudly.

"I just remember in practice, Coach said he was surprised how well I came back," Desroches said. "I wasn't afraid like a lot of people are. I felt like there was nothing stopping me anymore." She said. She paused and then leaned over to knock on her wooden coffee table.

Dallas marveled at Jade's strength saying, "Most injuries like these can cripple an athlete for the rest of their career, but not Jade."

There was one person, teammate Meghan O'Sullivan, who wasn't surprised by Jade's powerful return.

They began their freshman year together and quickly became great friends.

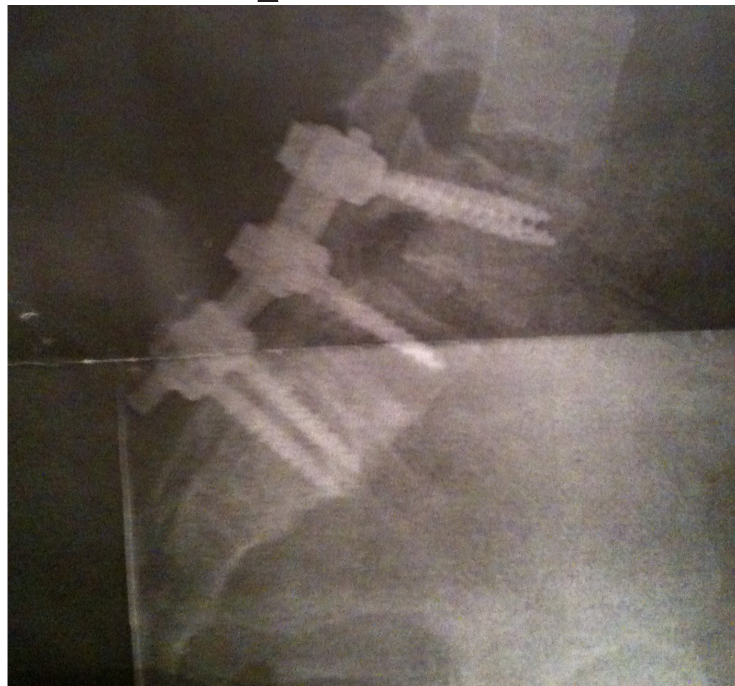
O'Sullivan watched Jade go down when she tore her ACL.

"From the second she hit the floor, I knew it wasn't good. My stomach sank and I wanted to run out there and carry her off the court," O'Sullivan said.

But the following fall when Jade returned, it came as no surprise to O'Sullivan that she was at the top of her game.

"She has overcome so much adversity...and this was just a speed bump." In her sophomore year, she was named NAC player of the week in December. She led the team in three-point field goals with 52, and was second on the team in steals with 63.

The next year she was named first-team all conference, NAC player of



COURTESY PHOTO

**An X-ray shows the screws in Jade Desroches back.**

the week twice and led the team in three-point field goals again, with 71 this time. She was first in steals and second in overall scoring.

All this from a girl whose athletic career was supposed to be over before she even turned 16.

McAllister said she's so proud of her daughter, now a senior, and even though she's a nervous wreck watching her games, she won't miss one.

O'Sullivan put it plainly, but powerfully.

"Jade loves basketball," she said. "As a team, we all work hard, but she always brings an extra burst of energy when we need it most."

The point guard and power forward duo have been through it all together in the past three years, but they swear they're not done yet. Even with a revamped team after losing six players to graduation, O'Sullivan said Desroches has the ability to elevate the team.

"I don't think I've ever had a

# Doyle has sold 562 copies

*Contined from Page 1*

"Barbara used to be known as my daughter, and as time passed, I have now become Barbara's mother," Dawn said.

So where does the writing talent come from?

"My dad used to write my mom and I poems. I tried writing poems, but realized I wasn't very good, so I tried writing songs, thinking I would be a pop star someday, but discovered I sound like a tone-deaf walrus when I sing. So I started to write novels and it just escalated from there," Doyle said.

She has been writing as far back as she can remember. She said she writes for fun, for school, and for numerous short story competitions.

"I've tried thinking about what I was good at. It's only writing," she said with a squeaky laugh.

But how does she get her topics to write about?

"I was always into paranormal and fiction books. I liked the idea of angels and demons so I wanted to create my own spin off," she said. "I got into the Hunger Games, so I attempted and my agent really liked it."

Sarah Davis, Doyle's agent, resides in Michigan and represents her while she is studying American Literature at Castleton College. She declined to be interviewed, however.

Doyle met Davis through the online writing competition and Davis helped her land a contract with Crushing Hearts and Black Butterfly Publishing to write seven books, including two trilogies and one single release.

The first trilogy, named the "North Wing" was published in 2013.

The first book of the trilogy, "Engulfed," is a story about a girl named Ebony Falls, who tries to escape a troubled life with her guardian angel, Nicholas, and they dangerously fall in love. In "Embraced," the sec-

ond novel of the trilogy, Ebony has to choose her fate between the darkness and the light that have been at war for far too long. And "Engraved," the final novel, is about the final battle between the dark and the light, she said.

The second trilogy, called "Fearless," comes out starting in early April. The first two books of the series are published and ready to hit the stores. But the third book of the series has yet to be written.

"The first two were fine, but this third one I have no idea where I want to go with it. It has been over a year since I have written last. I have so many ideas. I love twists in books, but I am afraid too many people will be mad at me. There are so many ways I can go with it, but I don't know which is best," Doyle said.

The single novel she is contracted for comes out in January and is called "Finding Redemption," which depicts a young girl who loses her father to the government and wants revenge and to avenge her father's death.

"I am so used to writing series, which are so stretched out, and this is just one book. It is also dystopian and I've never really written science fiction before. It is a really weird experience, but cool at the same time. I would tell you the ending, but that would ruin it," Doyle said.

After 562 copies sold so far between both e-books and paperbacks, Doyle's favorite paycheck shows up at her mailbox. Doyle receives royalties around every three months. E-books, which are online copies of the books, sell for \$2.99, while regular copies bring \$11.99. Doyle receives half of that per copy and also receives 10 copies of each book written for her personal use.

In Nashville, Tenn., a five-day red carpet event called Utopia 2015, awaits Doyle's appearance after her nominations for Up and coming author and best young adult fantasy awards.

Being in college may have its challenges, but for a top selling book author it should be easy, right? Not entirely. The writing style Doyle is used to is very different and uses more imagination. In some classes, she said she faces the challenge of learning structured writing, like the kind needed for research papers.

And there's also the issue of people knowing she's a published author.

"In high school, no one talked about what I did, and I didn't talk about it either so no one really cared. At college, I have professors talking about it all the time. Dr. Robert Wuagneux will talk about my books and use examples in class. It is more attention than I am used to," Doyle said.

Wuagneux said he has reasons for mentioning her to classmates.

"The value of having someone like Barbara in the class like this is exciting for other people because it is inspirational. She is bright-eyed, she cares about her work, which is very well done and she doesn't put off her responsibilities as student just because she is an established writer," said Wuagneux. "Despite her success she is still in college to learn."

Olivia Frascino, a freshman classmate of Doyle is inspired by her.

"I met her in class one day and we've become friends. It is really cool. She is very down to earth. At first I was like 'wow I've done nothing and she is 18 and she has already figured out what she's good at before everyone else,'" Frascino said.

Roy Vestrich, her Media Writing professor, is also a fan.

"She is like any other student. But she brings a sense of humor to class, with the ability to talk about her success, but laugh at it too," he said. "She has a wonderful way to keep things going and keep her craft."

lowed to listen to it up until then," he said.

Given Twiddle's jam band style of music, some might be surprised to learn Dempsey's early influence on his music was Bach.

"Bach is the genius of melody," he said.

Beethoven and Mozart were also up there in his younger days, but now he combines the classical inspiration with inspiration from artists like Jimi Hendrix, Phish and Bela Fleck.

"My influence is classically trained, then I started studying jazz at Castleton College. I never thought I would be a musician," he said. "I had a minor in music and a film degree. I thought I was going to move out to LA and be a film director. After school I committed to music. My intuition led me to play music full time."

His parents opposed his choice because they thought it was unrealistic. But Dempsey said he believes it is realistic.

"With enough patience and time, if I do this long enough, it will work out. Music is my world. It's what I want to do with my life and it's great," he said.

Dempsey says he gets inspiration from his surroundings and is influenced heavily by Vermont and where he lives.

"If I were to live in a big city, I don't think the music would be the same. It's where we are in this world, it's nature that inspires me. If I lived in the city, I would probably write hip hop," he said.

Dempsey also spoke about what it's like to be on stage in front of thousands. He said being able to go out and have people love your music is the most amazing feeling in the

world. For most of the shows they play, they receive artist bracelets. Dempsey only leaves the bracelets on from the best shows they played as a band. If he doesn't feel like they played their best, he cuts those bracelets off. However, he accepts the fact that nothing is perfect and that's what makes music great.

"Music isn't perfect. Life is not perfect. It's never perfect. You can get into each other's heads and be connected, but life is not perfect, therefore the music can't always be either," he said. "It's human nature. Music can be flawed. When I see Phish and Trey messes up a note... I love that! Certain bands don't mess up ever, but I'd rather hear a band that messes up."

Student Megan Breen is a big Twiddle fan and eagerly spoke about the band.

"Well, I love them. I enjoy their music a lot. Actually, I was never really into "jam bands" before I went to one of their shows. Not that they are a jam band, more like jazz mixed with everything, but they got me to open up to a ton of new genres. I still remember my first show and just leaving in awe," she said. "If it wasn't for Twiddle, who knows if I would have ever found myself in love with Phish, you know?"

Connor McGinnis, is a fellow musician from Rutland. He plays in the band Hamjob and also considers himself a big Twiddle fan.

"Twiddle is just great; immensely talented individuals of their craft. To see a couple of hometown boys take their passion as far as they can is inspiring," he said.

Still waking up in his apartment, Dempsey then tried to explain music

# Hirschfeld gives reporting tips to students

*Continued from Page 1*

"The human mind is designed to understand the world in story form," Hirschfeld said.

He said people in this country care more about the "game" of the election than they care about what will actually happen if the person they are rooting for is elected. People need a hero and a villain pitted against each other, he said.

Campaign and Elections professor Richard Clark then questioned the local elections.

"What narratives did we dismiss in the current governor elections?" Clark asked.

"Peter Shumlin is an amazing politician, but a questionable human. Even in his prime, Shumlin always struggled with favorability. At his best, he was in the high 50s. That's not very good when it comes down to it," Hirschfeld said with a smile.

Hirschfeld was also full of advice for any students who want to go into political coverage. He stressed that although politics in Vermont is very relationship based, it is important not to accept anything of value from any of the people you may be covering, to prevent

bias.

There were many tactics mentioned to prevent bias in an election. Hirschfeld encouraged the students to have a harsh "black and white dividing line" between them and any politicians.

Perhaps the most shocking revelation in class was something Hirschfeld admitted to the class.

"I don't vote in elections," Hirschfeld said to a room full of confused faces. "It creates more of an emotional attachment to how it turns out. Most of my reporter friends vote and are horrified that I don't perform my civic duty."

Hirschfeld spoke until the very last minute of the class, and left the students with a tid-bit of advice.

"Politicians are very intimidating, but they want you to be intimidated. Be respectful and know that the people around you know more than you do. Volunteer to do the big things before someone asks you to. Put yourself out there and go get it instead of waiting around for opportunities to come to you," Hirschfeld said.

# Vermont landscape inspires Dempsey's music



COURTESY PHOTO

**RyanDempsey plays the keyboard from his Lake Bomoseen office.**

*Continued from Page 1*

"He went through one phase where every video he made had the same duck in it. He was never going to be a video journalist or stuck in a given style or a given rut. He knew how to tell fun stories with images," Gershon said.

Gershon then recalled a specific time when Dempsey's creativity shined.

"He did one really neat thing. In a drama workshop that he wasn't even enrolled in. He brought his keyboard in and attached it right to the video editing software, watched the movie a few times and then played off the top of his head, a score for this horror

movie with all the tingly little sounds just at the right time and the action just at the right time. He had a flare for it," he said.

In his childhood Dempsey said he was not allowed to listen to the type of music he plays today. He was homeschooled for seven years of his life and was only allowed to listen to Christian music. Even certain classical music was off limits.

"My pastor once told me you couldn't listen to some classical music because if they were sad at the time when they wrote it, that sadness would transfer over to you. I didn't even know Jimi Hendrix was black until Mickey (Twiddle's guitarist) showed me in college. I was not al-

and what it means to him and does for him.

"You can get a lot out through music. If I want to say something, there are only so many words to describe something like anger, but I can describe anger in music too," he said. "Say I'm playing by myself, if I want to get out an emotion, say I'm very lonely or angry or mad, I can play that out through music. It's therapeutic like doing yoga or talking to a therapist. Music is a universal language that can describe things that words can't. It is indescribable."

Although he doesn't dwell on negative things, Dempsey admitted having a few hard times along the way. He didn't say much, other to say an unnamed person "destroyed what he was trying to do" for a while.

"I'm trying to preach love and positivity, but someone came into my life and destroyed that and did a lot of damage to what I was trying to do. This person bribed one of my good friends and stole a lot of money from her. They used the band fan page as a way to make money to get drugs and they were able to do it. That is the only negative thing has happened," he said.

In his words of wisdom for young musicians chasing the dream Dempsey said, "Have patience. Take ego out, no ego. Have confidence, but not ego. Don't let women destroy it because women will destroy a lot. I love women, but am careful and don't let money get involved. Don't expect profit right away, do it for the music and relax and dream."





# Spartan Standout: Brett Denning

By Derek Fallon  
*Castleton Spartan*

Brett Denning is a 6-foot-2-inch, 260-pound defensive lineman on the Spartans football team from North Adams, Mass. He is a junior studying to be a physical education teacher and sat down this week to chat about football and life.

Q: Why did you choose CSC?

A: When I was in high school I was looking for somewhere to play football and that had a PE major and one of my buddies told me he came here and checked it out for a different sport, so I came up and meet the coach. I liked it, took a tour, checked out a few other schools, but ended up ultimately coming here.

Q: Where does your love of football come from?

A: Even since I was pretty much born, like there are pictures of me when I was young with a football in my hand and my grandfather use to take me to all the local college and high school games. He unfortunately passed away when I was in kindergarten. And my other grandfather played it, won awards in high school and just watched it with my dad and I still do! I don't know, I've just loved it forever really.

Q: What are some of your hobbies outside of football?

A: I don't really have any at this time. I used to play basketball and baseball in high school as well. Pretty much all I have time for right now is football and school work so when I am not doing that I kind of just like to relax.

Q: If you didn't play football what other sport would you play?

A: If I could I would probably choose basketball because that was my second favorite sport in high school. I played baseball too, but I am not really a big fan of that.

Q: Where do you see yourself after college?

A: I would like to be a PE teacher somewhere and coaching high school football, hopefully back at home somewhere. I don't really care what level for PE, but definitely coach high school football.

By Mike Davis  
*Castleton contributor*

The Castleton women's hockey team suffered a tough road defeat and its first loss of the year at the hands of the Franklin Pierce Ravens 5-3 Friday evening.

It was the Spartans first road game of the early season and the team seemed to slip up toward the end of the game, and it was costly.

"We had some trouble focusing," junior forward Taylor Steadman said. "It was our first away game and we really learned a lot from it and we didn't want to feel this way again."

And the Spartans did learn from their mistakes and avoided that down feeling again by bouncing back Saturday afternoon to pick up a 1-0 nail-biting victory over Nichols College.

Steadman was able to dish the puck to another junior forward, Rachel Bombardier, who found the net for the Spartans at the 6:58 mark in the first period. That goal and the terrific effort by goalie Jess Cameron, who made her third start of the season and slapped away 31 shots, would help seal the victory for the visiting Spartans.

"It was everyone's effort that kept



CHRISTOPHER WILLIAMS/CASTLETON SPARTAN

## A Spartan forward rips a shot against Nichols College Saturday night.

the score at zero," Bombardier said. "It was definitely a group effort from everyone who was on the ice and I was just able to get the final touch in."

With the Spartans having much success early this season, the next question seems to be, what will be the strength of this team going forward and how will it get the team to reach its ultimate

goal – the post-season?

"It's each player's uniqueness and contribution that will allow us to have success," Bombardier said. "Before the game today, we went around and asked everyone what they added to this team and our coaches noted that it wasn't a particular skill, but it was more about supporting one another, being positive,

and having grit. I believe that if everyone continues to contribute the small things they can offer, as a whole we will reach our ultimate goal."

The Spartans will look to build on their victory over the Bisons on Nov. 21 when they travel to Manhattanville.



CHRISTOPHER WILLIAMS/CASTLETON SPARTAN

## Fans waive the American flag in the stands during the men's ice hockey home opener game on Armed Forces Appreciation Day.

# Men bounce back against N.E.

By Andrew Cremin  
*Castleton Spartan*

After squandering a 4-2 lead in the third period to lose to Saint Anselm on Nov. 14, the Castleton men's ice hockey team bounced back the following night with a 5-2 win over the New England College Pilgrims.

The Spartans broke a scoreless game with a goal from Brock Labelle, assisted by Corbin Marcotte and Braeden Moffat, with just over four minutes to play in the first.

The Spartans held the 1-0 lead until New England College's Chris Santello found twine almost exactly a full period later.

Castleton played at a higher level against the Pilgrims then they did against Saint Anselm.

"Today's compete level

was a lot better," said Spartans head coach Stephen Moffat. "We won a lot of 50/50 battles and loose pucks in the corner."

The game remained tied 1-1 through two periods of play, but the Spartan's power play played a big role entering the third period.

Senior defensemen Brian Greene answered the bell for the Spartans with a power play goal giving them the 2-1 edge with 15:40 remaining in the game.

The teams continued to battle in the corners for a few more minutes until Spartan freshmen Kurt Johnson scored and unassisted goal providing a more comfortable lead for the Spartans with 12:50 to go.

But the Pilgrims wouldn't lie down. Aaron Madsen responded with a goal of his own 21 seconds later, cutting the lead back to one goal at 3-2.



CHRISTOPHER WILLIAMS/CASTLETON SPARTAN

## Trevor Hanna battles in the corner against a Saint Anselm player.

With just under eight minutes to play in the game, fans were biting their nails as the Spartans were clinging to a one-goal lead.

That's when senior defensemen Tyler Gaudry essentially crushed all hope for the Pilgrims with a power play goal in a clutch moment pad-

ding the lead 4-2.

Trevor Hanna iced the victory with an open net goal with just over a minute left in the third.

Speed and "rushing the puck" are strengths of the Spartans' according Moffat, explaining that rushing refers to players pushing the puck toward opponents net at a very fast pace.

Moffat said the team's biggest weakness right now is maintaining consistency during games and from game-to-game, but today that wasn't the case.

With the win, Castleton improves to 3-2 overall and 3-1 in conference play. The Spartans will hit the road Friday Nov. 21 to play University of Massachusetts-Boston for their next game.

# Lady Spartans lose 1-0 in NAC championship

The womens soccer team lost a heartbreaker in the NAC championship to Colby-Sawyer 1-0 on Nov. 8.

Freshmen Mallory Costello said "I'm not really sure what we could have done differently ... I felt like we were ready and were the better team." Looking ahead to next season, Costello said "We need to come out in the first half ready to play. I felt like this season we played well in the second half in all our games and we need to come out from the first whistle ready to go."



# Women's hoops team focuses on building team chemistry

By Emma Faucher and Tess Bugbee  
*Castleton contributors*

This year's Castleton College women's basketball team is taking a new mentoring approach to ensure success.

In an effort to make new players feel more comfortable, returning players "paired up

with incoming freshmen as a big sister-little sister type of program," said senior center Meghan O'Sullivan.

"We thought it was important for our players to start to establish friendships and develop some team chemistry. It made the seven freshman feel welcome to Castleton and the woman's basketball program," said coach Tim Barrett.

O'Sullivan talked excitedly about being able to make her incoming teammates feel comfortable by offering them a familiar face.

Their efforts seem to be paying off, according to some of the freshmen.

"It's like a family away from your family," said freshman center Amanda Beatty when asked her favorite part

of being on the team.

And senior point guard Jade Desroches said the returning players are liking it too. "You automatically have 13 really good friends," she said.

The team lost six seniors last year after making school history by going to the Sweet 16 round of the NCAA tournament..

Both O'Sullivan and Desroches emphasized that a lot of different people must take leadership roles on the team.

"I am excited to see who steps up, when people step up, and how they step up on the court," said O'Sullivan.

Even though so many seniors were lost last year, that hasn't changed the mindsets of the current players.

"Jade and I have cut down three nets in three years, so it would be nice to get the fourth one and to hold ourselves to the same status that every other year has and not let a different team give us less of a goal," O'Sullivan said.



# Women’s basketball wins nailbiter

**By Isaac Devoid**  
*Castleton Spartan*

The Castleton Women’s basketball team used a high scoring first half to defeat Bates College 58-55 to win the Rutland Herald Tip Off Classic at home Sunday.

The Spartans started off the first half highly efficient, making basket after basket with few misses.

A deep three-pointer from senior Ali Jones started off the scoring for Castleton.

Castleton guard Lindsay Sabo then displayed her shooting abilities scoring back to back three pointers to make it 9-3.

From there, the Spartans just simply couldn’t be stopped.

Seniors Jade Desroches and Meghan O’Sullivan took control of the game in the first

half giving the Spartans a 43-23 lead at the half. It appeared the game was over.

But Bates continued to battle.

A second-half surge spearheaded by Bates forward Bernadette Connors gave them a 9-4 run to start things off.

Bates continued to play stingy defense in the second half, stopping many Spartan opportunities.

The Bates rally continued when Molly Brown swished both of her free throws to tie the game at 55.

But, again it was Desroches who weaved through Bates defenders, and made a beautiful layup while getting fouled to give the Spartans a 58-55 lead after hitting a free throw.

O’Sullivan then blocked the final Bates opportunity to

give the Spartans the win.

Head coach Tim Barrett said he was pleased to see his team pull out a tough win.

“We bent a little bit, but didn’t break, and we were able to get some big stops at the end of the game, and executed on the offensive end,” he said.

O’Sullivan was excited to see the team start the season off with two wins.

“It’s such a new team, and we really didn’t know what to expect when it came to game time,” she said.

The win moves the lady Spartans to 2-0 on the year.

They resume action again on Nov. 20 against Middlebury College at home.



CHRISTOPHER WILLIAMS/CASTLETONSPARTAN  
**Jade Derosches scurries through Mount Holyoke defenders on Saturday.**



## Sports Talk

with Spencer Dandurand

The life of a college athlete is essentially broken into 3 sections. One must balance their studies and their athletics while doing their best to establish some sort of social life. Despite your best efforts to give equal time to all three, you will undoubtedly have to sacrifice some of the time you put into one of the three.

But what happens when the college athlete becomes a professional? Academics are immediately erased and the athlete now has an abundance of extra time and energy to put toward their sport, or their social life. Many pros give up alcohol and drugs for their professional career, while others indulge in the glamorous party scene that comes with the money and fame of being a pro athlete.

Johnny Football, formally known by his birth name Johnny Manziel, has partaken in everything but football in the early stages of his NFL career. The former Texas A&M standout quarterback has taken his talents to frat parties, Drake concerts, and Las Vegas. However he didn’t take his talents to the Peyton Manning Passing Academy this past summer because he was too caught up in the party scene.

It’s not just young guns like Johnny Manziel who have been known to get saucy. Legend says that Wade Boggs, Hall of Fame baseball player, used to knock back 50 to 60 beers on cross country flights. Although he denied the accusation, former teammates have attested to Boggs’ beer drinking ability.

Partying is all fun and games until it kills you, and this is the unfortunate reminder that alcoholism is a terrible disease. Legendary Yankees outfielder Mickey Mantle hit over 500 homeruns in his ML B career while successfully balancing his drinking problem with baseball. Coming from a family of men who died young, Mantle was once quoted saying “If I’d known I was gonna live this long, I’d have taken a lot better care of myself.” He died at age 63 after his years of boozing finally caught up to him.

Current professional sports stars like NHL player Patrick Kane and NFL player Rob Gronkowski have found themselves in the media spotlight for their party antics, but both have proven to be elite in their sport. Their dedication to their sport has paid off time after time as Kane and Gronkowski represent a small portion of pro athletes who can truly go all out on the field and in the club. We must remember today’s pro athletes are under 24 hour surveillance, magnifying their mistakes and making it easy to expose their personal life’s.



COURTESY PHOTO  
**The Castleton football team celebrates after defeating Norwich 48-28 in the 6th annual “Sap Bucket” rivalry game. The Spartans were led by four passing touchdowns from George Busharis.**

# Sap Bucket comes home

**By Derek Fallon**  
*Castleton Spartan*

The Maple Sap Bucket is heading back to Castleton after the Spartans dominated the Norwich Cadets 48-28 in their season finale at Norwich, ending their season with a 7-3 record, best in program history.

The Spartans came out strong, starting the game with a 10-play, 76-yard drive ending with a 19-yard Kevin Alberque touchdown catch from George Busharis to make it 7-0.

“It was a very emotional game,” said senior Kevin Alberque, who is playing in his last collegiate game. “We came to play today and I’m excited to see what the team can do next year as an alum.”

With emotions riding high, the Spartans kept their foot on the gas adding touchdowns from Zachary Howe, who finished the day with 4 reception for 83 yards, and another touchdown by Kevin Alberque to make it 21-0.

With less than six minutes to go in the half, Castleton defender Eric Minnaugh then picked off a pass and returned it 30 yards for the touchdown making it 34-0.

Norwich would show some

life toward the end of the half adding two touchdowns making it 34-14 at the half.

The Spartans came out fighting in the second half, hitting the board quickly with a 13-yard touchdown pass to Tyler Combs from Busharis extending the lead to 40-14.

Quarterback George Busharis got in on the party too adding a rushing touchdown of his own making in 46-14. Busharis ended the day going 24 for 37 for 317 yards including four touchdown passes and two rushing.

“The team came out strong in all parts of the game, offense, defense and special teams. The thing we lacked on in the second half is we lost of focus because of the huge lead we had in the first half,” said coach Tony Volpone.

The Cadets didn’t give up, adding two touchdowns late in the third quarter from Dan Jamieson and Zach Allen, trimming the lead to 46-28.

Castleton would add a safety in the fourth to complete scoring.

“It was a great year for the kids. They played tough all year and it is good to set the foundation for the years to come. And now we are bringing home the Sap Bucket,” said Volpone.



COURTESY PHOTO  
**Senior Tyler Combs reels in a perfectly thrown ball in the corner of the endzone.**

# Cross-Country teams compete in NCAAs

**By Kaylee Pratt**  
*Castleton Spartan*

The Castleton men’s and women’s cross country teams were ready Saturday to race in the biggest race of the year, the NCAA Regional Championships.

This race was held at Williams College where men placed 34th out of 54 teams and the women placed 47th out of 57th teams. After a long, hard fought season, team members said the experience of running in the NCAAs was amazing.

“Just being a part of that pack when the gun went off and the music blasting was energizing,” freshman Elizabeth Bassette said.

She, as always, had a very solid performance for Castleton. Crossing the finish line as the top Spartan finisher, she notched a 137th place finish in 24:46.1

“After the race and even coming down into the last 400 meters of the race, I rejoiced

knowing that three months of hard training and competitive racing was over,” Bassette said. “Don’t get me wrong, I love cross-country, but after three months, I need to recover.”

Also racing for the Spartans were Margaret Kuchinski, Kelsey Thomson, Caitlin Ryan and Cassie Pinaire.

Bassette said the teams’ overall success this season was awesome, and after reflecting on her experience at Castleton, she said cross-country has made her transition into the college life a lot smoother.

“It has helped me balance out my time in the books exercising my mind and my time on the field exercising my body. I have also grown really close to a group of girls whom I would not have known without the aid of cross-country,” Bassette said.

She’s not alone with those thoughts.

“Cross-country was where I made my first friends and connections at Castleton. I’ve had

so many great experiences with the team throughout the years,” senior Matt Woodward said.

He also said eventually he would get to the point where he started to enjoy going on an eight-mile run because the men he ran with were not only his teammates, but his friends too.

Woodward was one of five Castleton men to race in the championships along with teammates Grandon Smith, Jonah Lavigne, Ben Girard and Patrick Gilligan. Top finisher for the Spartans was Lavigne who came in 176th place, recording a time of 28:36.5.

Speaking on behalf of many senior athletes though, Woodward said it’s hard to see the season end.

“It’s definitely bittersweet. I know I gave it my all in every race and I met so many great people and had so many great experiences that it couldn’t have gone any better,” Woodward said.



COURTESY PHOTO  
**Spartan runner, Elizabeth Bassette sprints to the finish of a recent race at Castleton State College.**



Low gas prices makes for happy commuter students

By Sara Miles  
*Spartan Contributor*

Castleton freshman Karissa Shaw smiled as she filled up her 2007 Saab Aero with \$3.07 gas a little over a week ago, before it dropped even further.

"I live on campus and commute back and forth from Wallingford a few times a week, so the lower gas prices make it that much easier to go home," said Shaw.

Gas prices in Castleton, like everywhere else, have significantly dropped from almost \$4.00 a gallon to an average of \$2.98 a gallon.

Days later, Rutland's Nick Davis filled up his 2002 Chevy Silverado truck at the Mobil on West Street at \$2.95 a gallon.

"My truck is a real gas guzzler, so the low gas prices make it a little less painful filling up," he said.

But why are gas prices so low?

An article entitled "5 Reasons Why Gasoline Prices Will Drop" on Bankrate.com, credits cheaper gas blends being refined in winter, the drastic drop in the price of oil and a lack on natural disasters stopping oil flow.

According to the article, September triggers more laid back clean-air standards set by the government allowing oil refineries are able to make gas with cheaper ingredients such as butane rather than hydrocarbons.

The decreased cost for the oil refineries makes prices to the consumers cheaper as well, the article states.

As for natural disasters, a bad enough storm can wipe out multiple oil rigs, causing gas prices to skyrocket. Hurricane Isaac, for instance, took down the Gulf in August 2012 and shut down plants that were pumping 1.3 million barrels per day.

In 2005, Hurricane Katrina hit causing gas to go up 46 cents in just one week.

Tom Rutkowski is thankful Mother Nature has been so kind lately. Rutkowski is a business professor from Glenmont, N.Y., just South of Albany, and he teaches three days a week, traveling 87 miles each way. That's 522 miles a week and it was costing him about \$90 a week.

"When gas was over \$4.00 per gallon, I would spend near \$90 for three trips a week. So now, I save about \$20 a week to teach on Mondays, Wednesdays, and Fridays with the lower prices."

Roy Vestrich, part-time professor, said that his daily commute is 72 miles round-trip from Middlebury and gas prices played a part in his decision to go into early retirement last year.

Gas has a huge impact on students as well.

"I can finally turn the heat on in my car," said senior Cassie Harnett, who said she used to purposely freeze to save on gas.

Senior Chelsea Bruce, from Brandon, drives 46 miles round-trip every day, costing about \$40 a week.

"Lower gas prices make my life a lot easier and less stressful," said Bruce.

Gas prices are expected to stay down for the rest of the year.

But don't get too psyched. The Energy Information Administration estimates that the average gas price will be \$3.38 a gallon in 2015.

## Fond memories of a fallen Spartan



COURTESY PHOTO

**Castleton graduate Jamis Lott smiles as he enjoys the outdoors. Lott was killed recently while visiting his father.**

By Jorah McKinley  
*Castleton Spartan*

Jamis Lott was the last person anyone would expect to be the victim of a violent crime. The former Castleton student was quiet and observant, kind and gentle, nurturing and peaceful.

"People always tell you this about somebody who just died," said Castleton art professor Bill Ramage. "But Jamis really had a good heart. He was just a sweet guy. In this particular instance it's really true"

On Nov. 17, Lott, 28, was visiting his father's rural home in Townsend, Vt. when Robin O'Neil, ex-fiancé of Lott's father, allegedly shot and killed both men, police said.

He was only visiting to do some laundry.

Lott was an art major at Castleton and an editorial cartoonist for *The Spartan*.

"It's unbelievable," said Ramage, adding that Lott worked with him as his gallery assistant.

"I always thought that I owed him a serious debt of gratitude," Ramage said,

after recounting a story of a time Lott covered for Ramage.

The two were supposed to meet an artist on a Sunday to host a new art show, but it wasn't until Ramage was driving to school on Monday morning that he realized he had completely forgotten the appointment.

He was expecting an irate artist when he arrived, but what he found was all the art perfectly displayed in the gallery. Lott had taken care of everything.

"He came through with shining colors. That was the way he was," Ramage said.

The two kept in touch after Lott graduated in 2011.

"He'd call me from time to time to ask questions or just to chat," he said before a pause. "I'll miss that."

Castleton students Eric and Callie Ginter grew up a mile down the road from Lott. Their families were good friends.

Ramage and the Ginters agree that no one can talk about Lott without talking about his unbelievable uniqueness.

He was unapologetically himself.

*Continued on Page 6*

## Weld bleeds Castleton green

By Matt Woodward  
*Spartan Contributor*

When Jeff Weld came to Castleton in 1999, he never knew the impact he would have here, or how long his stay might be.

Now Weld is director of Marketing and Communications for the college, is married to his college sweetheart and just welcomed a new baby. He'll tell you life is good.

"When I came here that year, I quickly made friends," Weld said. "And while I enjoyed my time here, I was never under the impression that it was going to be a 15-year commitment that I've made, and the college has made to me."

As for their new baby, Sophia, Weld is ecstatic like you'd expect.

"Sophia being born was fantastic. I think being a parent is the most important responsibility any of us can ask for. It is life-changing seeing your children born. Unexplainable, really," Weld said. "Life has changed in almost every way imaginable. We sleep a lot less, and certainly not when we choose to, but when we can."



MATTHEW WOODWARD / SPARTAN CONTRIBUTOR  
Jeff Weld, director of marketing and communications, sits at his desk.

Weld grew up in small town Brownsville, Vt. He was a star athlete at Windsor High School, playing soccer and baseball, but it was his basketball skills that drew the attention of Tim Barrett, former Castleton men's basketball coach, and current women's coach of 14 years.

"He was a very good distributor of the basketball. He also handled the ball very well, and had good court vision," Barrett said. "He played considerable minutes as a freshman and sophomore on our teams."

That court vision led Weld to third in program history in assists.

But during his time in school, Weld was also a member of the Student Athletic Committee during a vital "transition period."

When President Dave Wolk took over in December 2001, everything changed for Castleton – and for Weld.

"When President Wolk came, I can remember as a student, things changed. Our athletics changed, we added sports. We added better educational opportunities. The campus environment changed, students stayed more on the weekends. We supported each other more. There was a real culture shift," Weld said, "A real feeling of change. At a school that has 227 years of history, you will look back at that point and say that's one of the biggest moments in the college's history."

At the end of his senior year, Weld found himself six credits shy of a minor, and he said he frankly was, "not very marketable." He decided to come back for what he jokingly calls his "victory lap," a fifth year. Joking aside, Weld said, "that year changed my life the most."

During that year, Weld got his minor credits and spent a year interning with the athletics department. But there was another factor at play for Weld that made him want to stick around just a little longer. It was a girl named Adrienne Venne, a member of the women's basketball team.



PHOTO CONTRIBUTED BY JEFF WELD

**Jeff Weld holds his new baby girl, Sophia Rose.**

"One of our really close, mutual friends, Jana Walker, introduced us between the basketball teams. She made some inroads for me, and glossed over some of my rough edges for me," he said with a laugh.

The two started to date and have been together since 2000. Today they

are married to and just last month welcomed little Sophia into the family.

*Continued on Page 6*

## Huden welcomes new manager



COURTNEY PICONE / CASTLETON SPARTAN

**Rob Macfarlane speaks to a Spartan reporter.**

By Alexandra Johnstone  
*Castleton Spartan*

On Nov. 17, Castleton College welcomed Rob Macfarlane as Sodexo's new general manager replacing Jeff Kurto. Macfarlane is a Vermont native and previously worked as an "area support chef" traveling upwards of 600 miles a week.

"It was time to come back home and settle down," Macfarlane said.

Macfarlane worked at Keene State College before coming to Castleton and said he worked hard to improve the dining hall and services.

"It's a lot nicer than it used to be," said Keene State junior Jacob Walker said, bolstering Macfarlane's assertion.

For Macfarlane, feeding col-

lege students is what he loves to do.

"I found my calling when I got into campus dining. I like hanging out with kids more than adults," he said chuckling to himself. "You think I'm kidding, but I'm serious."

Macfarlane has traveled to Finland and Sweden on business and has years of experience in the food industry.

"He's a gourmet chef and we're lucky to have him," said Castleton President Dave Wolk while having lunch with Macfarlane.

Hoping to improve the dining hall in phase three of Huden renovations, Macfarlane said he wants Huden to, "match the rest of the beautiful campus because Castleton's campus is beautiful and the dining hall should compliment it."

With students eating three times a day, seven times a week and approximately 32 weeks throughout the school year, they are bound to complain about the food. But to battle that, Macfarlane said he hopes to add some diversity and new events to spice

up the dining hall.

"I want to incorporate new events for students to participate in," said Macfarlane.

One event will include the sports teams going against each other in an eating contest called "Meal Madness." When the winner is determined, Sodexo will donate the winnings to the Stop Hunger Now foundation in the winner's name.

Although he said Huden already is in the process of improving, he wants to keep making it better.

Students like the sound of that.

"I hope Huden becomes a great place to eat," said off-campus student Olivia Janus. "I want to get a commuter meal plan next semester and hearing about all the changes definitely makes more apt to get one."

Macfarlane said hearing from students like Janus is important to him.

"I want them to decide what we have on the menu," he said. "I mean, we won't be having steak and lobster every night but maybe once a week or so

we could figure something out," said Macfarlane. "I'm not going to be writing hilarious comments like Jeff (Kurto), but I want the students to come see me and explain to me what they have an issue with."

Sophomore Brooke Naylor is excited to hear Macfarlane wants student input.

"I think if they really listen to our comments and try to work with us Huden could be a really great place to eat and maybe even comforting for people who miss home."

Macfarlane hopes to incorporate a family-style serving night where students enter and pick a table to sit down at without going to wait in line. Once students are seated Huden workers, and maybe if even Wolk, will come around and serve them as if they are at a restaurant or at home.

"I would love that," said junior Tanner Dana. "That would really make me feel like I was at home."

Naylor agreed saying "I would make all my friends go with me like we were having a family dinner!"



Coming off of this past Thanksgiving break, so many people have been complaining about how hard it is to get back into the regular school routine. After waking up late and eating home-cooked meals, coming back to school was more difficult than ever. What we all have to realize, as hard as it may be,

Take it from me and don't put your schoolwork off during vacations. Remember the overall goal and the big picture. And as much as it sucks, it'll suck even worse when you don't graduate.

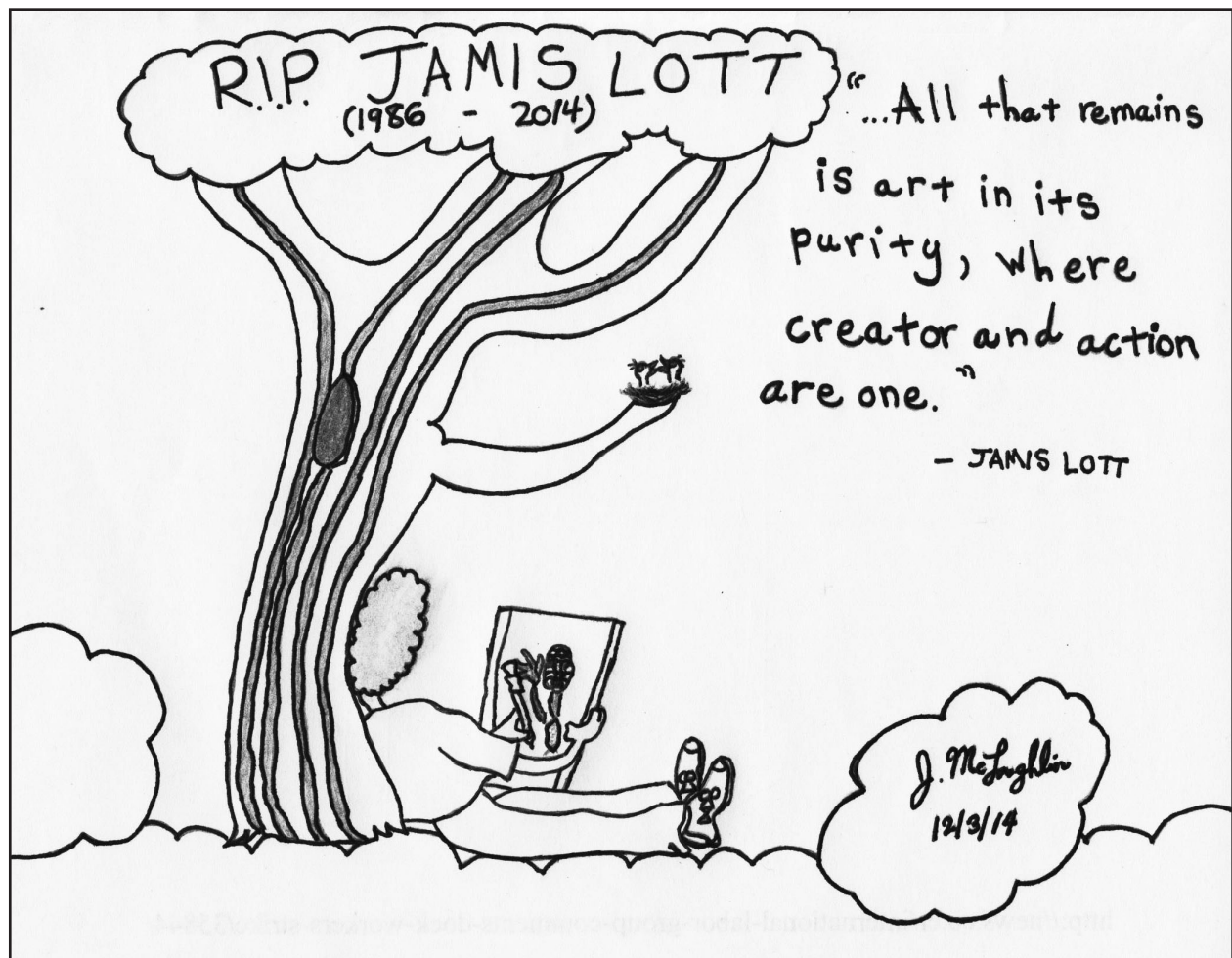
-Carly Trombley

The tests, implemented circa 2005 by Castleton's board of directors, were meant to provide students with a fundamental basis of what they should know

Despite the relevance or importance of the content of any given test to any given person's life, if they are college educated, they should be able to overcome

Colin Proctor

**Advisor**  
*\*The Spartan is the official student newspaper of Castleton. It functions to inform, educate and entertain readers accurately and responsibly. The College, its administration, faculty, student body and staff are not responsible for the content of the newspaper.*



## Dome is ‘great luxury’ for students and community



**DR**  
**AV**

Colin Proctor

**STUDENT\$**  
**VALID COLLEGE**  
**FREE TOWING**

The dome will not only host intramurals and varsity prac-

- Spencer Dandurand

Congratulations from the college Writing Committee to the following students, who earned Pass with Distinction on the culminating essays they wrote for the college writing assessment this fall semester:

Leah Barnett

### Andrew Wolf

## William Sease

Jeffrey Blanchette

## Brenden Beer

**Jared Boagno**

Check us out at





# Life after the tassels are turned



COURTESY PHOTO

**Grad Assistant Alyssa Leonard stands in the press box at a West Virginia University football game.**

**By Kaylee Pratt**

*Castleton Spartan*

For some it’s all about job hunting after graduation. For others it’s staying in school a bit longer. Yet one thing Castleton graduates all have in common – the wrath of growing up.

Stacy Sullivan, who graduated in May with bachelors in communication, went from living in an apartment with eight girls to living back at home and now to living with one roommate. Something that didn’t change though, was the state she chose to reside in.

“I wanted to come back to the area,” she said. “I am so much more a Vermonter than I

am a Connecticut girl.”

Sullivan landed a job rather quickly. After applying for a position in Killington, within two days she received a phone call and a week later she had the job.

This was a sense of relief. “The whole not knowing what is going to happen after you graduate and the uncertainty of finding a job is the biggest challenge,” she said.

Since early November, Sullivan has been working in the Information Center at Killington Mountain doing computer work and answering calls.

Like many, the harsh reality of debt has already started to kick in for Sullivan. She has begun paying off loans but realizes she needs another part-

time job to do that and pay other living expenses

But money isn’t the only frustration she’s dealt with.

“I went on this interview and was battling with this guy who was so unprofessional and inappropriate. He just made me feel really uncomfortable,” Sullivan said. “This was upsetting because I thought I would like the job.”

Nevertheless Sullivan has moved on and is excited about being on her own again, beginning the next chapter of her life.

JenniLee Mark, another recent communication department graduate, has a similar story.

When she was applying for jobs, there was one job in particular that didn’t turn out how she would have liked. She had an interview, they dragged her in for more and then out of the blue said, “we won’t have the time to train you and you don’t have the experience we need.”

“I was really excited about it and they seemed excited too and then they said no,” Mark said.

Mostly she was upset because they knew from the beginning she wasn’t qualified, but dragged her along anyway.

But everything worked out for the best. Mark, for two weeks now has been making a 40-minute commute from home in Chelmsford, Mass. for her new job at a non-profit agency called PHD Thomson,

Habib and Dennison located in Lexington, Mass. There, she is the account coordinator for the agency, which means she coordinates communication between four different parties.

“I like what I’m doing, especially that I am working with nonprofits,” Mark said.

Although she is really enjoying her job, she is still in the transition stage.

“It’s such a change from Castleton because everything was right there on campus that you would need,” she said. “I feel like a grownup paying off student loans.”

Eric Dowd, who graduated in May, got a job at the Burlington Airport as a location manager for Hertz. He said he knew the loans were waiting to be paid, so it wasn’t a huge shock but it won’t be something he enjoys.

“It will be fun because I have two private loans,” Dowd said sarcastically. “A lot of my paychecks will be going toward loans. It sucks, but it’s life.”

Looking back though, Dowd said he is fortunate for what Castleton had to offer.

“What I didn’t realize at the time were the opportunities I had at Castleton. They definitely prepared me for the real world and taught me a lot of valuable lessons,” he said.

Dowd said applying and interviewing for different positions and jobs will build connections and eventually will

help work your way up.

Currently he has an apartment in South Burlington Castleton alum Cori Farnum and is happy there.

Another graduate however, wasn’t so lucky.

Stephanie Arndt graduated in May and since then she has been studying textile development at the Fashion Institute of Technology in New York City. When first moving to the city though, you could say she had a bizarre experience.

Her landlord was a creep. “He was super nice and normal this summer when I met him with my dad and told us he’s had woman students live with him before. Then I moved in and he had flowers, chocolate and Victoria’s Secret coupons waiting for me in my room. We found out later from people who lived in the building that he never had those girls live with him,” Arndt said.

But it didn’t end there. “The next day when we came back to get my stuff, there was a playboy with men on it on the table. He had issues,” she said.

She was fortunate enough to find another apartment quickly with a girl from Maine who she said is an absolute sweetheart. Since then her life has turned for the better.

“I’m really loving it and I am taking seven classes right now so I am constantly busy, but I am learning so much,” Arndt said.

Another graduate who decided to continue her education was Alyssa Leonard. She is a graduate assistant at West Virginia University in the recreation department working toward her masters in sport management.

Right now she is the head administrator in charge of internurals, with duties including game scheduling, official scheduling and basically any administrative work.

Being at a much larger school is what Leonard finds to be the biggest transition, but said it’s something she really loves.

“I enjoyed getting to know the culture of a bigger university and talking to people that have a different perspective,” she said.

Leonard has some advice a lot of graduates may want to hear.

“As stressful as figuring out what your doing after Castleton is, just enjoy your time. Don’t compare what you’re doing to other people,” she said.

Mark had another outlook.

“Listen to all the advice you get from people. Take it into account. Keep your goals and dreams in the forefront of your mind and try not to get stressed but just make an effort,” she said.

## Slow internet explained

**By Catherine Twing**

*Castleton Spartan*

As promised, Castleton President Dave Wolk has followed up on student concerns about the school’s Internet service.

According to Associate Academic Dean Yasmine Ziesler, since the upgrades this summer, Internet on campus is working five times faster than last year.

“Our real-time usage charts show that the campus is only utilizing, on average, about 30 percent of this capacity,” Ziesler wrote in an email. “The most we’ve used at any given time since the start of classes this fall is 50 percent.”

But if the Internet is supposed to be working perfectly, why are there still complaints?

Ziesler explained that for the most part, issues are on an individual basis and have little to do with the college’s network as a whole.

“Most of the issues we’ve encountered this fall have been specific to a particular student’s account or device, but we have encountered some areas with low wireless signals and we’ve increased density of wireless access in those areas,” Ziesler wrote.

She and Wolk want to assure students that the college is expanding and improving Internet reliability to the best of their ability with the finances available.

If students or staff are still having trouble connecting to the network or maintaining a strong connection, they are encouraged to contact IT Services via email at [ithelp@castleton.edu](mailto:ithelp@castleton.edu), or via phone at 802-468-1221.

## Movember efforts continue to grow

**By Callie Ginter**

*Castleton Spartan*

Raegan Tomczyk pulls down her pant-legs and exposes her legs, and the layer of hair is hard not to notice. Then she raises her arms, and that hair is even more obvious.

“I just don’t even think about it. It’s actually really comfortable,” she said.

But the sophomore isn’t holding off on shaving because of the comfort and laziness. She is one of many who last month were “No Shave November” participants across the Castleton campus.

No Shave November is the month where people bring shaving to a screeching halt to raise prostate cancer awareness, and to take pride in their rapidly growing hair. It officially started on Facebook in 2009 and was created to raise money from what would have been spent on grooming.

The goal is to, “grow awareness by embracing our hair, which many cancer patients lose, and letting it grow wild and free,” reads the official No-Shave-November site. “Donate the money you usually spend on shaving and grooming for a month to educate about cancer prevention, save lives, and aid those fighting the battle.”

And that is exactly what students did.

Former Spartan Colby Griffin finds the month a perfect excuse not to shave.

“Who wants to shave anyways,” said Griffin. “I find it annoying.”



Tyler Hoare

Griffin has been an avid participant each November since freshman year of high school and has no problem growing facial hair.

“I usually always have a beard, it’s just much thicker right now ... It’s completely full and getting a little wild,” Griffin said.

But unlike many who grow beards, he keeps it groomed and clean.

“I shampoo it too,” he said.

Senior Tyler Hoare is also a proud beastly-bearded boy. He even carries his comb around with him in case his beard needs a quick grooming. And he conditions it.

“Girls love the beard,” He said with a smirk.

Couples have No Shave November spirit too.

Juniors Cassandra Murphy and Alex Adams have played along with No Shave November before. This is Murphy’s second year and Adams has been doing it since as long as he can remember.

“He’s not shaving his face and I’m not shaving my legs,” explained Murphy. “We didn’t really decide to do it together. Alex had a bet going in with roommates and I said I wasn’t

going to shave until he did,” she said with a laugh

And considering that they are dating, the question of annoying scruff or gross hairy legs was a thought.

“The long hair doesn’t really bother us. We make jokes about it and see who would want the other to cave in and shave first,” said Murphy.

But neither raising prostate cancer awareness nor having hairy faces, legs and armpits are the only reasons why people do it.

Tomczyk explained how she also puts shaving on hold because society puts pressure on girls to look a certain way – a non-hairy, silky smooth way.

“Girls are supposed to be clean shaved, silky legs. This is my way against it and prove to people that I’m still cool and pretty and awesome and hairy,” said Tomczyk humbly.

And although the month is over, the fun isn’t.

Griffin claims he’s going to shave his beard into something funny for about a week.



SARA NOVENSTERN/CASTLETON SPARTAN

**Raegan Tomczyk shows off her armpit hair for the camera.**

## Nikes come off, heels go on



**Football linebacker Jay Morgan and basketball guard Ali Jones make their way into the athletic semi-formal Saturday night.**

## Fresh water deprivation threatens global community

**By Ruby Bushey**

*Castleton Spartan*

For a substance that covers 71 percent of the earth’s Surface, takes up 60 percent of the human body and is an essential ingredient to live, more than 2.5 billion people have limited access to it.

It’s sanitary water, and Castleton College professor

Candace Fox and Victoria Gorham, a student from her Global Studies class, recently teamed up for a civic engagement project with students from the Applications of Non-violence class to present “FLOW-For Love of Water,” a documentary on the global crisis of fresh water.

Water has become the next oil crisis, they said. About 780

million people in developing countries lack access to safe drinking water, which leads to 3.4 million deaths caused by consuming contaminated water each year, according to Pure Water For the World.

Big corporations have been moving into third world countries taking the water supply and forcing people out of their homes. The water then

gets bottled up in plastic and is sold, but the indigenous people cannot afford to buy it, the documentary revealed.

“I think this event was important for students to learn and expand their horizons to issues we face as a global community because it does affect you and the environment we live in,” Gorham said.

Pure Water For the World

began as a non-profit organization in 1999. Since then, it has grown and the organization now has three offices in the United States, two in Honduras, and one in Haiti. It has partnered with a water and education program that provides workshops for sustainable water projects to help build filter systems.

Pure Water For the World

has more than 50 communities in developing countries on the waiting list to be helped.

“We provide education about hygiene to the communities in need because if they don’t realize how important it is, there is no progress being made” said Jamin Gelder, program manager of Pure Water For the World. “Community ownership is the true success.”



### A minute with Michael



Question:What’s your secret study method for exams?



“My secret study technique is using Red Bulls.”



“I say just don’t leave it till the last night. And to be proactive instead of procrastinating.”



“For me I think I always liked to use flashcards that helped me out. Repetitiously look through flashcards and write out information so I could see it.”



“I like to procrastinate a lot, so usually an hour before it’s due I will do it.”



“My secret studying thing is coffee and a lot of hard work.”



“My secret method is when I am studying to usually study a couple days in advance, break up sections, look over bullet points, and try not to cram all at once.”

# Stuff-a-bus hits 20th year

By Ruby Bushey  
Castleton Spartan

This year marked the 20th anniversary for the annual Stuff a Bus food drive in Rutland, but there was sadness accompanying the milestone anniversary.

Pat Shappy, one of the well-known contributors to the event for years, passed away the night before Stuff a Bus kicked off this year. Shappy, according to Castleton adjunct professor and radio personality Terry Jaye, was a huge part of getting kids involved with the process.

She was the volunteer coordinator for Northwest Primary School in Rutland. Each year the school sets a goal of 2,500 items to be donated. Over the years the students have turned the food drive into a contest and the classes who collect the most items win prizes.

Stuff a Bus started out in 1994 as a partnership between The Salvation Army and Jaye of Mix 98.1 WJJR in 1994. The idea was to reach out and provide food for the poor, homeless, and children during the holiday season.

“The year it started I lived on the bus for three days,” Jaye said “If we didn’t fill the bus it would look like we

failed.”

In the first year, Stuff a Bus produced 10,000 pounds of non-perishable items and a \$500 donation. It became a tradition for people. Schools started to become involved and donated, parents brought their kids and it became a thriving operation during the holiday season.

The food that is donated is made into baskets that are distributed to needy families during Thanksgiving and Christmas.

“You have to love it. You are doing something that makes a difference,” Jaye said “In radio you can be a part of it. It is a rewarding experience as a broadcaster.”

Over the years, the event has grown both in contributions and volunteers. Many volunteers, who started as kids, are coming as adults now and bringing their own children, Jaye said.

This year, 20,000 pounds of food and more than \$7,000 in donations were raised.

“It is important that people are aware of the tradition it has become,” Jaye said.

# Coffee with a smile

By Owen Fellows & Jimmy Britt  
Castleton Spartan

As you walk into The Coffee Cottage you hear the faint sound of music, see seasonal décor, and almost always get a warm hello from the employees. Frequent customers rarely have to place an order.

“Bagel with cream cheese with your coffee?” a Coffee-Cottage employee asked a student as he prepared his coffee.

“Yes, please. Thank you,” he replied.

Castleton student Alyson Marcucci visits the Coffee Cottage four times a week.

“I get the same coffee everyday and the same thing for lunch. They know me by name and what I want so it’s pretty nice,” Marcucci said.

Elainey Fitzpatrick said she always enjoys the bright faces of the staff.

“They are always happy it seems, and they always have a smile on their faces,” she said. “It’s nice to see.”

One of the friendly employees, Fran Breslin, is in her third year working at the Cottage, and you couldn’t make her leave.

“I started at Fireside for four years, then Huden for a year,” Breslin said. “I definitely like it here the best,” she said. “It’s much quieter”

A visit to the Coffee Cottage recently unveiled all sorts of fall decorations including candy corn and pumpkins and



MOLLY DEMELLIER / CASTLETON SPARTAN

**Fran Breslin serves customers with a smile.**

a witch wonderfully drawn by Breslin and co-worker Elizabeth Davis on the blackboard, and seasonal flowers littering the room.

Students say when they sit in The Coffee Cottage, they always feel relaxed. It’s not loud, it’s not silent, but there is never ruckus. It is always peaceful.

“I like the relaxing environment. It isn’t as quiet and stressful like the library can be,” Marcucci said.

Another Frequent visitor to the Cottage, Steve Vitale, enjoys something that isn’t anywhere else on campus.

“I really like the food here, especially the humus and pretzels,” he said “Also the coffee is good.”

The Coffee Cottage is the only place around that serves

Vermont Coffee Company coffee.

It also offers a coffee card, where when you buy five coffees, the sixth is free.

“I’m not sure how much business we get because of it, but we go through a lot of coffee,” Breslin said. “We go through a lot of coffee! And every student loves getting that free one.”

If you come into The Coffee Cottage, two things will likely happen: you will get good food, drinks and be treated with friendly service.

“Good bye Aly, have a nice day,” Breslin says to Marcucci as she leaves.

# The good and bad of work study

By Jorah McKinley  
Castleton Spartan

Mason Brown sits in a small back closet of the science labs in the Jeffords academic building. She’s surrounded by skeleton models, jars of preserved mystery animals, taxidermy owls and stacks of boxes labeled “preserved cats.”

This is where she sits and cleans glassware for four hours a week earning up to \$750 a semester.

Sometimes they let her out of the closet to clean the greenhouse.

But hey, it’s a job – a work-study job.

There are work-study jobs in virtually every department on campus, over 50 total including the academic computing center, athletics, the business offices, the Fine Arts Center, the library, the mailroom and the natural science department.

Eligible students aren’t placed in jobs by the school. They can choose their own, if they don’t get beat by other students.

But are all work-study jobs created equal?

Kate Auer works in the Fitness Center. Apart from the occasional cleaning duties, Auer sits at the desk, answers the phone, and signs in community members. When she’s not doing that she can do homework.

Now that sounds a lot better than washing dishes in the company of skeletons and dead cats, doesn’t it?

Colleen Jenkins works in the Fine Arts Center office.

Her time consists of selling tickets and answering questions. Sometimes she updates the marque with new events. When there are no tickets to sell or questions to answer, she also does homework.

But don’t expect to just sign up for a desk job; these coveted positions don’t come easy. You have to know somebody. Auer got the job in the Fitness Center through a connection with her lacrosse coach.

“I’d say I was pretty lucky. A lot of students try to work there,” Auer said.

On the other side of the tracks, you have the event staff at all the sporting events.

You’ve seen them. They’re standing on the sidelines or in the bleachers with those neon yellow shirts, and for the majority of the year they’re freezing their butts off, but at least they get to watch a sports game.

Senior Daley Crowley used to work sporting events, and according to her, if you were out there freezing your butt off, you had gotten lucky.

“The biggest problem with that job was that so many students are hired for it. We’d get a text saying the sports schedule was posted on a door Glenbrook, and if you didn’t get there in five minutes to sign up, it would be full, and you wouldn’t get any work,” Crowley said.

Then there are the saints who deal with all the campus mail. For about two or three weeks each semester, when all the textbooks are flowing in, the mailroom is straight chaos, said Jeff Prestash.

“Otherwise it’s a very laid



MOLLY DEMELLIER / CASTLETON SPARTAN

**Jeff Prestash sorts through piles of student mail.**

back and relaxed job,” Prestash said. Just remember to be nice to them when the package slip for your textbook isn’t in your box yet, he said.

When it comes down to it, a job is a job, and they are all

paid the same. But Brown’s job in the science labs is a little more hard-core than a desk job. But don’t fret. Someday soon we’ll all have our dream jobs...right? Until then, students will have to bite the bullet.

Brown said it best.

“I mean, I’m in a back room full of skeletons and bins of dead cats. How much worse can it get?” Brown said.

# A lesson on compassion

By Callie Ginter  
Castleton Spartan

Imagine seeing van loads of media outside your home, trampling your lawn, demanding a quote after a sensitive situation. Day in and day out, strangers are prying on your most personal private and delicate moment of your life.

It would seem like these people are cold, callous, and not compassionate. But what if it was your job, your duty, to get a story, not to necessarily benefit yourself or your career, but to help those who were left to deal with the tragedy?

This is an uncomfortable ethical dilemma that reporters are forced to deal, and still might be searching for the right answer.

Professor David Blow invited three guests into his Media Ethics class to try to tackle this controversial dilemma. Two of the guests were targets of the media, one was a reporter.

Castleton Graduate Mariah Phillips was a victim. In April of 2009, her father, Capt. Richard Phillips, was taken hostage by Somali pirates. She got the news on a Wednesday and not long after, the media was coming in truck loads.

“They were pretty persistent ... the

front gate was lined up with reporters,” said Phillips.

The media was so tenacious that they were using the Phillips’ electricity to power their vans, set up a podium in the front lawn in case someone wanted to come out and speak, and were even found lurking in her woods, hiding in the trees.

“It makes you feel entrapped,” said Phillips.

Phillips was even forced to wear a disguise when escaping her home.

“It’s annoying,” said Phillips.

Guest Katie Garvey became a widow when her husband, Justin, was one of the first killed in battle in Iraq. Garvey explained that shortly after she got the news, an acquaintance that was also a reporter called her for an interview and what he said left a bad taste in her mouth.

“I was still in shock on the phone ... he said he had to get the story out ... I was mind blown,” Garvey said.

Blow shook his head at hearing the stories from Garvey and Phillips.

“There was a lot that made me feel bad to be a journalist,” Blow said.

Brent Curtis, a reporter for the *Rutland Herald*, has dealt with these types of situations before, being forced to interview families who are grieving.

“It is the most uncomfortable thing



SARA NOVENSTERN / CASTLETON SPARTAN

**Katie Garvey, Mariah Phillips and Brent Curtis sit in on Media Ethics class.**

you have to do,” said Curtis. “The more you push someone the more you push them away.”

But Curtis understands the importance of getting the story, not for personal gratification, but to help those left behind to grieve. He knows to put himself in the shoes of other people, and to be a compassionate human.

“We’re a pain in the ass ... I try to give people a reason to talk to me,” said Curtis.

*Continued on Page 6*



# A trip with Satan

By Matt Trombley  
*Castleton Spartan*

My final day as a regional representative was one of the longest days I've ever had to endure and also one of the scariest. It started out so simple and innocent, but ended with a horrifying experience.

I had one high school to get to at 9 a.m. and then nine hours to kill before a three-hour national college fair in Atlantic City at 6 p.m. Directly after, I have no where else to go so I must drive six hours back to Castleton all through the night.

I wake up early for the day, around 6:30, and get ready for the day. I met with my last high school on my schedule for the season. Now I have all this time to kill. I end up going out to eat and getting a real New Jersey bagel. Amazing. I also went to see "Interstellar" in Imax, which was an amazing and emotional experience.

I finally head toward the city and try to get set up for the fair early. It was like nothing I had ever seen before. Atlantic city looks like a tiny Las Vegas on an island. There are very tall buildings, but also a lot of unique architecture.

The fair starts and it's a dud. It wasn't busy at all, especially for a national fair. I only had one student who was serious about Castleton come up to my booth, so I made an executive decision to leave the fair a little early and hopefully get home by 2 a.m. instead of 3 a.m.

I'm on the road at 8 p.m. There is snow and sleet in northern New Jersey and southern New York. Around 10 p.m., I start to feel pretty tired. I pull over at a rest stop in Plattekill, N.Y. and get a coffee. Back on the road and 30 minutes later I start to feel awake, pretty wired actually. All of a sudden my fingers and arms start tingling.

Too much caffeine in my system. I'm bouncing around in my seat. After a while I pull over and try to burn off some energy quick. I walked around another rest stop and also had a snack and some water and I felt better.

After getting back on the road, the shakes come back. I'm starting to feel tired again, but I'm so close. I finally hit Glens Falls, then Fort Ann, then Whitehall. The closer I get to home, the closer I am to nodding off.

I finally arrive in Castleton at 2 a.m. I get in bed and try to sleep. At this point, I had been up over 18 hours. This is when it gets weird. I'm exhausted, but still partially wired from the coffee so I'm having a hard time sleeping. I have my eyes closed and that's when it appeared to me.

There really is only one way to describe what I saw accurately and it sounds ridiculous. I saw the devil's face and I looked right into its eyes. It was one of the scariest things I've ever seen. I wake up my wife. "Sam! I'm trippin'! I'm seeing devil eyes!" She thinks I'm dreaming and goes back to sleep. I lay my head back down look at the ceiling and see weird shapes and colors moving around. I think I was really hallucinating.

I'm not a biblical person. I don't know if what I saw was a sign or the product of a lot of caffeine and such little sleep. All I do know is this; I went to New Jersey and brought the devil back home with me.

# Experiential learning makes the best classroom



LIZA MEYERS

**Professor Paul Derby works with students during the Semester in the Southwest.**

By Abi Foster

*Castleton Spartan*

In most public schools in the country, students attend classes five days a week, sit at a desk, take down notes and study for written tests.

This traditional style of learning might be great for kids who retain information through visual or auditory learning, but hell for kinesthetic learners, who struggle sitting at desks and constantly taking notes. The kinesthetic learners are the students who retain information better by actually participating in an activity and sharing their thoughts and ideas on the matter with a group. They say it gives them a better understanding and knowledge of what they are supposed to be learning.

Liza Tarleton, a student who took advantage of Castleton College's two-week trip to Cambodia over the summer, said there's no comparison.

"I think the style of experiential learning verses traditional sit-at-a-desk style is far more engaging and valuable. Being able to actually engage and experience what is being taught and learned allows students to relate to the subject matter," she said. "Students be-

come able to understand how others live and think by actually participating in real life situations rather than being lectured, sitting in a classroom."

Unlike a typical classroom, experiential students have access to activities that involve their full attention and physical self while participating in interactive learning.

Paul Derby and Liza Myers were two of the three professors involved with the Semester in the Southwest this fall. Both are major proponents of experiential learning throughout the education system.

Derby said he knows students learned more and grew more while in the Southwest.

"The greatest advantage of experiential learning is that students can make immediate connections of classroom materials to real-world, first-hand experiences of that material. Students are living the classroom rather than being told about and/or shown some abstraction of materials, Derby said. "For example, I could have students read about Chaco Canyon or the Taos Pueblo's San Geronimo Feast Day celebration and perhaps that could know something vague about these, but when students can go to the sites or participate in the activities, they come alive as tangible

# New leaders breathe life into stalled club

By Molly DeMellier

*Castleton Spartan*

As the semester draws to a close, the winter outdoor sports season is just gearing up. This year, the Ski and Snowboard Club, under new leadership, has revamped its initiatives and is ready to hit the slopes.

Seniors Josh Budzinski and Christopher Williams have taken on the roles of president and vice president of the club, respectively, while junior Emily Hudson manages the finances as treasurer.

According to Williams, who has been a part of the club since his freshman year, both he and Budzinski ended last season hoping to make changes in the club this year.

"I was really frustrated with the lack of engagement the Ski Club has with the student body," said Williams. "I know a lot of people that ski and ride, but very few with the actual club."

Budzinski agreed, saying he wanted to increase the activity and involvement within the club. The two then decided to bring Hudson into the mix. The trio said they all had aspirations of increasing the sense of community within the club this season.

"We want to support and help further the snow sports community of Castleton as much as we can," said Hudson.

Through achieving a specific set of goals, the officers said they expect to establish this coherence between the members of the club.

"Beyond anything else that's what I want to achieve is a better sense of community," said Williams. "The value is in the community."

To date, the officers have been successful in drafting a constitution, transitioning from



CHRISTOPHER WILLIAMS/ CASTLETON SPARTAN

**Kevin "Tweak" Merchant catches some air at the recent Rails 2 Riches jam.**

an interest club to a club sport, and organizing its members with a movie premier event.

According to Budzinski, at the Nov. 6 "Heavy Mental" movie premier event, they raffled off approximately \$2,000 in prizes from local businesses.

"It just kind of kicks off the season and gets everyone excited about the season," he said.

Budzinski also said they have already purchased another movie and are planning to host a similar event later in the season. Hudson and Wil-

liams said they are also looking to add a coaching staff, host a club trip and hold rail jam competitions.

"We want to host small, informal rail jams to keep people active," said Budzinski.

Hudson said the campus park between Hoff Hall and Morrill Hall is used most often informally by students, but she hopes to bring some competition to the area. The officers also said they envision using their geographic location to their greatest potential for both recreational and competitive

opportunities.

"Here in Vermont, we have a large number of resources available to us, so why not take full advantage of them?" Hudson said.

With a little more than a semester left in his college career, Williams said he hopes his efforts in the club will leave a lasting impression on the Castleton community.

"I want to build a community that can last longer here than the few of us who were first motivated to get it started again this year," he said.

Hudson said she anticipates that the club will be something she can watch succeed in her next two seasons of involvement.

"Between the end of this year and next year, I hope to just keep building the club, getting our name out there, and being more involved in the Castleton community," she said.

# Masters of Theater Arts students script their own learning

By Catherine Twing

*Castleton Spartan*

Learning how to be a successful actor by the book would be great, but wouldn't it be better to get experience by putting on shows in front of a real live audience?

The five students in Castleton's Masters of Theater Arts program get the chance to do just that.

"Honing your skills in front of a real audience is far more valuable than only studio work," said Harry McEnery, chair of the theater department and creator of the master's program.

When drafting the program, he said he looked at what the theater department did well already which he decided was production.

McEnery explained that even as an undergrad, Castleton students can be involved in about 15 shows, which can really beef up a resume. This is an opportunity not all college programs can boast.

All of the students currently involved in the masters program received their undergraduate degree from Castleton as well, but there's something different about this experience.

"It's much more immersive — we're doing everything," said graduate student and Castleton class of 2014 grad Meghan Hakey.

Hakey's classmate Staci Jedlick, Castleton class of 2013, studied acting and directing as an undergrad, but now has the chance to do whatever peaks her interest.

"I've gotten to do things I never imagined," Jedlick said. "I've done stage managing, props and hair and makeup all in one semester."

McEnery emphasized the program is built around the student's interest and that is how the shows are picked and shaped.

"If someone wants to do acting and directing, then we give enough acting and enough directing to make it worth while," McEnery said.

As part of the masters program, students are required to produce three performances. The first was "50 Words," performed in August. The second will be "Next Fall," performed later this month. The students also work on the undergraduate productions and take various classes throughout the 30 credit-hour program.

Graduate student and 2012 Castleton grad Julianne O'Connor will be directing the program's upcoming show.

"Next Fall" is about two men, Adam and Luke, who are in a relationship. The story takes place in a New York City hospital where one of the men is in a coma. The five individuals in the waiting room have very different beliefs and views of the world and learn even if you have differences, you might need someone's friendship and support regardless.

O'Connor's hope for this show is to challenge not just the actors, but the audience as well.

"The audience might be uncomfortable at times," O'Connor said. "The goal is to challenge the minds of everyone so they will come out with a bit more knowledge or a different view."

The six-person cast will be performing on Dec. 11, 12 and 14 at 7 p.m. in the Black Box Theater. There are no tickets, but seating is limited so interested individuals should arrive early.

McEnery hopes to one day have a program of around a dozen students who form a company complete with actors, directors, technicians and artists.

As with all new endeavors, the program has encountered a few challenges, but he said it has been an incredibly valuable learning experience with successes that far overpower the challenges.



CHRISTOPHER WILLIAMS / CASTLETON SPARTAN

**Students perform the play "50 Words."**



# Director, husband and father: Weld’s new triple threat

*Continued from Page 1*

Upon graduation in 2004, with a bachelor’s degree in business administration, Weld became Castleton’s sports information director, responsible for the day-to-day operations of sports information for all Castleton athletics.

Ben Stockwell, director of Athletic Communications, was hired in 2011 as the graduate assistant under Weld. Stockwell says that the two spent a lot of time in the press box together. He called Weld a great boss for a variety of reasons.

“He is concerned about the details, but he trusted that I would get the work done, and I really appreciated that. He is the type of person that I would want to be friends with if I never knew him,” Stockwell said.

After eight years as Sports Information director, Weld added director of College Relations to his duties. In that role, Weld found himself as the spokesperson of the college, something he never could imagine.

“When President Wolk asked me in 2012 to transition out of athletics and into a more, strategic role with the college, and be the spokesperson for the college, it was incredibly humbling. I look at President Wolk as a true leader, and a true man of integrity,” Weld said. “To have him give you the vote of confidence that he believes in you and that you are capable of doing a job like this, was a really humbling experience. Especially in a place that I have grown to care about as much as I do here.”

Wolk said Weld was an obvious choice for the role.

“He has an excellent work ethic, and is wonderful at bringing new creative ideas to our leadership team. It made sense that the person who is in charge of internal, and external communications is someone who grew up here on campus, and cares deeply about the college and its future,” Wolk said. “He has brought the

college to new heights, and I would have to say, more than anyone I know here at Castleton, he bleeds green. Number 343 green. Castleton green. He loves Castleton, and we love him back.”

Wolk also said he admired Weld in his role as husband and dad saying “in many ways that is more important.”

But Weld doesn’t like taking all the credit for where he is, frequently pointing out numerous people who have helped him.

“I’m really fortunate to work with a great team of people. It’s one of those things where I never really feel like I’m managing at all. It truly is a position of working together,” he said.

Senior Molly DeMellier has known Weld since her basketball recruiting trip in her senior year of high school when he served as assistant women’s basketball coach. Now she works alongside him as a communications intern.

“He is a great leader, and that’s why he does so well in the position he has now. He is very honest with you, and it might not always be what you want to hear, but it’s what you need to hear,” DeMellier said.

DeMellier credits Weld for getting her interested in public relations.

“He has really helped me figured out what I wanted to do with the rest of my life. He loves Castleton, and always wants the best for the students,” said DeMellier, who will be attending New York University next semester for a graduate degree in public relations, and corporate communications management.

“It’s all because of Jeff. I wouldn’t have even been able to consider it without everything I learned from him, and all the support he has shown,” DeMellier said.

But Weld stressed that often his job doesn’t seem like work.

“We get to tell the stories of our students, and how much fun is that? Every day we hear from students, and

see students that are doing really remarkable things at a small college, in a small state. It’s a great thing to be in a position to tell those stories, and feel like you are making a difference in students’ lives,” he said.

The position does have its hard days though, like last years Dick’s Sporting Goods thefts involving key members of the football team.

“The hardest part is when our students make mistakes, and they don’t realize the gravity of those mistakes. When they do something publicly that is detrimental to the college, and its community, is by far the toughest time because, for one, it’s a difficult scenario. You have to answer the questions when the media calls, you have to navigate your way through some legal stuff about what we can say, and what we can’t say,” Weld said.

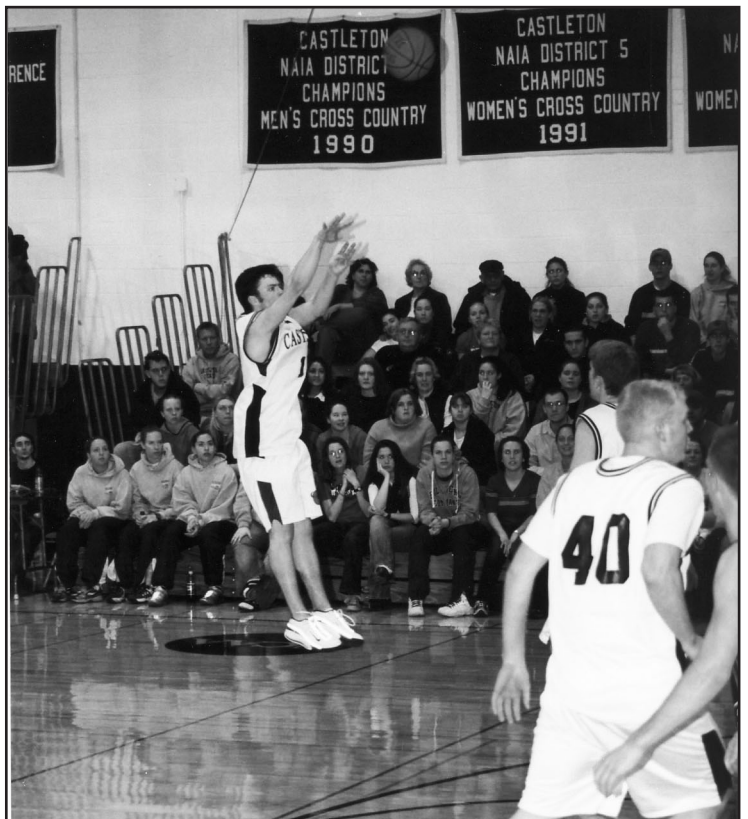
“When students get in trouble, or make mistakes that is not representative of the character of all our students, it tarnishes their reputation, and that’s definitely the hardest thing I have to deal with on a daily basis.”

Weld remains positive though, saying he has developed a life-mantra of staying positive.

“Accomplishments are nice and all, but the main thing is to remain positive, and to focus on the good that is around us, and not get bogged down in the negative,” he said.

And part of that mantra comes from a tragic event in his life. On July 13, 2011, the Welds had their first child together, a daughter named Reagan Sophia Weld. Reagan, however, was born with complications and tragically died just 16 days after her birth.

“Having Reagan in 2011, and going through such a high-stress situation like that, has given us a unique perspective on life’s trivialities. We truly don’t stress the small stuff. It’s a perspective that came wrapped in the most difficult pain I have ever experienced, but her life was a blessing, all 16 days of it,” he said.



COURTESY PHOTO

**Jeff Weld, current director of marketing and communications, fires a three pointer during his playing days.**

Fast forward to today, three years and a handful of months later, the Welds find themselves with another daughter.

“We were prepared to deliver, but I think once it is really happening, you sort of go into fight or flight and adrenaline takes over. I just remember thinking let’s do this,” Weld says. “I don’t think I breathed until Sophia was given the clean bill of health and handed over to Adrienne. We cried like crazy. It was incredible.”

The Welds named Sophia after her big sister, Raegan, whose middle name was Sophia.

“We wanted to incorporate her experience with her sister as well, so

when the time is right we can tell her all about her big sister,” he said.

“I’ve been a father since July 13, 2011, Reagan’s birthday. I’m very much looking forward to the newest chapter of that fatherhood. I think that all of life’s events change us,” said Weld. “We live, we learn, we grow. I definitely approach life much differently than I did prior to becoming a father. I try to be more in the moment than reflective at this point. Given our unique circumstance, we have a very real understanding of how fragile life truly is. I just want to enjoy every moment, no matter what.”

## Empathy needed when interviewing grieving families

*Continued from Page 4*

Garvey couldn’t have explained it any better herself.

“It’s about the execution. You have to exude that empathy,” said Garvey.

Phillips agreed. She explained that even though she had dozens of reporters she did not like and wouldn’t talk to, one stuck out. It was after her father was rescued, Dateline’s Diane Sawyer called the home and impressed both her and her mother.

“Doing cartwheels in the living room was the way she put it ... she didn’t even ask for an interview,” said Phillips.

Junior Alexandra Johnstone remembered a compassionate story that was told in class.

“I was fond of the moment when the photographer didn’t take the picture,” said Johnstone.

Phillips explained how her mother was sipping her morning coffee, enjoying what she thought was a moment of solitude and peace. A nearby photographer was hiding in a tree facing the money-shot ready to be taken. But she didn’t shoot it. The photographer went as far as to tell the mother she wanted to take the shot, but just couldn’t, because that private moment was precious for her.

“She shoved the vulture in the back pocket and was human for a minute,” said Blow. “That’s what sucks about this job sometimes is that people forget we are human.”

Phillips and Garvey both expressed how reporters could do a better job of approaching such a difficult situation.

They advised not to bring up the deadline of the story, or try to say you understand how one is feeling because you just can’t. Don’t ask how one is doing, because it isn’t good. They warned not to ask for an interview via email or Facebook, but to do it in person or over the phone.

“It’s like if a guy asked you out on Facebook, like pshhh, delete,” exclaimed Phillips.

“The approach to individuals is key, I believe,” said Garvey.

And although both women have had reporters who have scarred them for life with their incapability to be compassionate, with time both have come to agree that they are able to be sympathetic for the reporter, because after all, it isn’t easy. “Oh definitely,” said Garvey.

# ‘Fozzy Bear’ missed by Castleton students

*Continued from Page 1*

“I don’t even think he would consider societal standards. They just didn’t apply to him,” Eric said. “Even if he did consider them, he didn’t give a shit about them.”

Eric and Callie both laughed at the comment.

Lott was a cartoonist, a puppeteer and sometimes a stand-up comic. He tried out his stand-up at a local jam session in Townsend one night.

Callie and Eric laughed remembering how bizarre some of Lott’s jokes were, but that didn’t stop him.

Callie described him as an older brother, but not the overly protective kind. He was more of the loving and nurturing type.

“We called him Fozzy Bear because he kind of looked like him. He was all gentle and cuddly like that,” Eric said.

Castleton art professor Liza Myers posted a message on Lott’s Facebook wall that echoed what others said about his kind heart.

“Jamis,” Myers wrote. “Thank you. Thank you for your quiet, wry sense of humor, for your gentle tireless energy, for your thoughtfulness, for your sincerity...

You were a warm light in the haze of day-to-day living. Hoping your spirit is running joyfully and freely.”

At the local service held for Lott, his brother shared Lott’s favorite quote from an author named Tom Robbins.

“There are many things worth living for, a few things worth dying for, and nothing worth killing for.”

According to his brother, this was a quote that both he and Lott lived by.

For him to become a victim of a senseless and violent attack was not a fitting end.

“He was so peaceful and by far the least deserving to face that,” Eric said.

“I can imagine how scared he would be,” He added. “I think they said they found him...”

“Hiding under the table,” Callie said finishing the sentence. “That’s exactly how you would imagine him.”

Jamis Lott was an old soul, but with a child-like innocence. He was an individual. He was a quiet observer, always taking in the world.

When asked if there was anything else they wanted to add, Eric and Callie paused and looked at each other.

After a moment Eric looked up and said, “That we miss him.”



COURTESY PHOTO

**Castleton junior Callie Ginter shares a smile with longtime friend and Castleton alum Jamis Lott. Lott was killed recently in a tragic shooting.**

# Hooking up isn’t all that it’s cracked up to be



PHOTO ILLUSTRATION / SARA NOVENSTERN

**By Cassie Harnett**  
*Spartan Contributor*

When Will Johnson came to Castleton in the summer of 2008, his freshman year certainly started off with a bang.

“So I came to Castleton for that summer transition program that the school does for us incoming freshmen, where we had to take those math and English tests, and one of the girls who lived on my floor, I thought, was super cute,” said Johnson. “Long story short, we ended up hooking up, nothing serious, but her roommate walked in on us and it was awkward as hell. From then on, I would always put a sock or a tie over my doorknob, just so I could have some privacy.”

An increasing trend among freshmen on college campuses all over the

country is light years from the traditional courtship you hear from your parents about how they met in college, either having a class together or bumping into each other, spilling each others’ books outside of the dorm.

Nowadays, that courtship has diminished into what has become our generation’s newest craze, the hookup culture, where guys and girls only enter into sexual relationships for pleasure – not companionship.

It is understandable that when freshmen enter college, they don’t necessarily want to be tied down. But the hookup culture life can backfire quickly.

Drinking, which is a huge part of college for many, has ties to hooking up and getting yourself into a backfiring situation.

“According to National College Health Assessment, 38 percent of students who reported drinking, regretted

something that they did the next day,” said Jamie Bentley, Coordinator of Campus Wellness Education.

And that’s not all.

“Also, 30 percent of students under the influence of drugs and alcohol reported having unprotected sex,” Bentley said.

According to the Centers for Disease Control, nearly half of the 20 million sexually transmitted diseases diagnosed each year are among young people ages 15-24 years old. The CDC also reports that one in four college students have some kind of STD.

Although STDs are probably the worst byproduct of hook-up culture, unsatisfying sex is another, according to Amy Bremel, who works closely with Bentley and runs groups through the Castleton Wellness Center and teaches FYS courses about hookup culture.

“From the data we collected from the National College Health Assessment, college freshmen that hook up with multiple people have depression,” Bremel said. “Also hookups aren’t that satisfying. For girls, only 30 percent of them actually orgasm, while 80 percent of guys actually orgasm from hooking up.”

Robert Gorruso, who transferred from Castleton after his freshman year, remembers a particular incident with a girl where the condoms weren’t performing up to par.

“A girl came back to my room one night my freshman year, for obvious reasons, and luckily, I had a bunch of condoms in my desk drawer,” Gorruso said.

All good, right? Well, not so fast.

“The only problem was that they were too old. So I put one on and soon after it breaks, and this keeps happening probably to seven or eight of them.

And this girl keeps throwing them all over the room after they break. A few of them ended up on my roommate’s bed for him to find the next day.

“Then to top it all off, she gave me the biggest hickies you’ll ever see and I just stared at them the entire next morning and she didn’t even tell me.”

Current freshman Erin Flood, who is in a committed relationship, reflects on her suitemate’s horror stories of hookup life.

“One of my friends was going to hook up with a guy because they were really into each other,” Flood said. “But he had a girlfriend the whole time and was lying to her and she found out from his Instagram.”

Since Flood is in a relationship, she said she is disappointed that someone who came to college in a relationship wouldn’t stay committed to that person.

“It made me mad because just because you are in college doesn’t mean you should think you can get away with stuff like that,” Flood said. “And my friend isn’t the type of person to tell his girlfriend, but I really wanted to because I feel like he would’ve learned a lesson and she would have left him!”

From Flood’s friend’s hookup horror story, it may seem like the guy always hurts the girl, but that is not always the case. Johnson has had a couple hook-ups gone wrong stories himself.

“There have been a couple of times when I was hooking up with a girl and her boyfriend knocked on her door and I’ve had to jump out her window,” Johnson recalls. “It just goes to show that you should not be in college and be in a long distance relationship.”



# Fourth ranked Middlebury downs lady Spartans

By Mike Davis  
*Spartan contributor*

The Spartans women’s hockey team lost a tough home game to the fourth-ranked team in the nation, the Middlebury College Panthers, by a 5-2 margin at Spartan Stadium on Saturday afternoon. The loss dropped the lady Spartans to 6-4-1 on the season.

Middlebury’s offense came out firing and scored early in the first period at the 3:48 mark on a nifty move from Panther Jessica Young when she delivered a pass from behind the net to Emily Fluke who delivered a strike in the top corner of the net to take the 1-0 lead.

And the offense wouldn’t stop there for the Panthers. They would score yet again just 30 seconds later to double the lead to 2-0.

“We sat on our heels and they capitalized on opportunities,” senior goalie Paula Stephens said. “There was a lack of communication and it hurt our de-



PHOTO COURTESY OF CHRISTOPHER EDER

**Anna Daniels prepares to make a play during a game Sat.**

fensive zone coverage.” Stephens, who recorded 41 out of 46 saves, just wasn’t enough to hold off the very well coached, conditioned and skilled team from Middlebury.

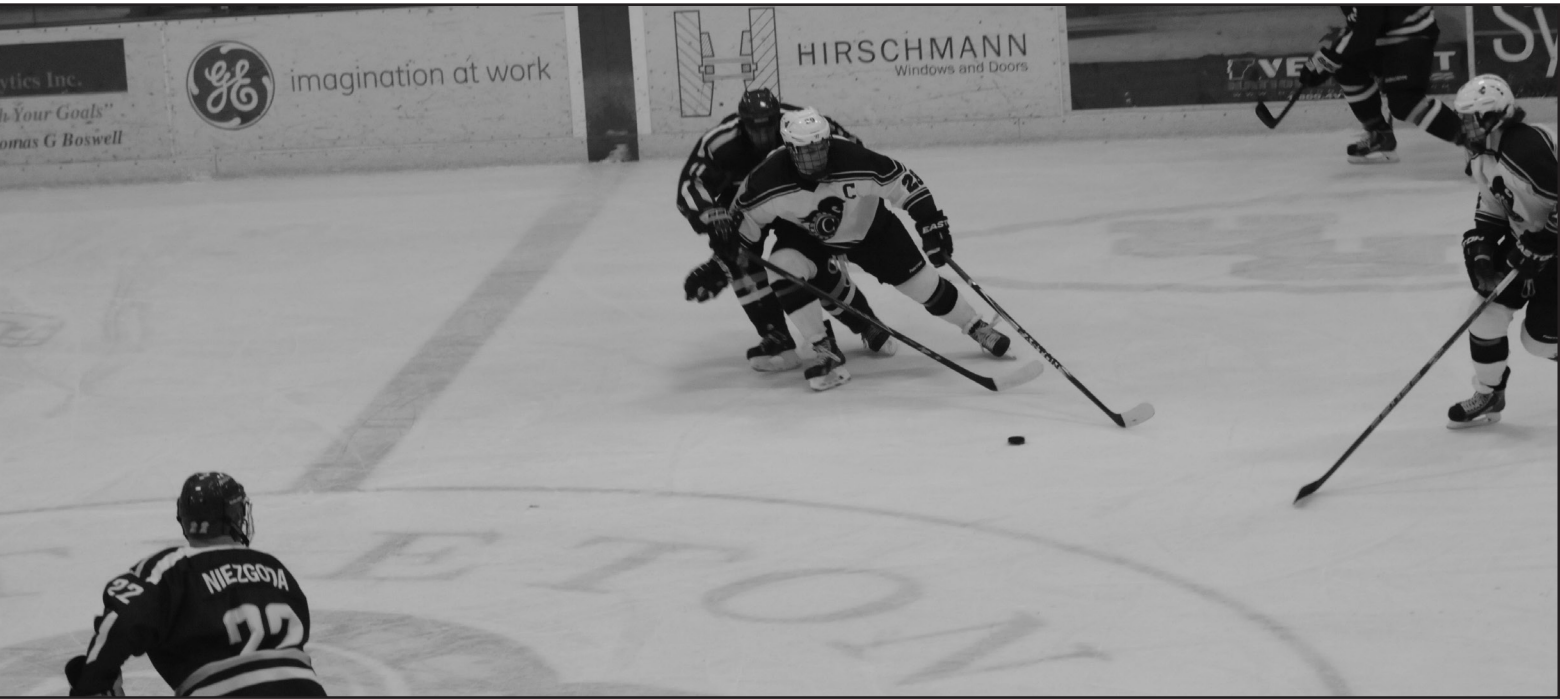
“I could definitely see why they were the number four ranked in the nation,” freshman fan George Bell said. “It was hard for our girls to skate with them for all three periods, but I thought that Castleton showed signs of life and improvement as the game went on.”

Castleton was able to get the game

back in reach when Anna Daniels put one in the back of the net after it deflected off the Panther goalie. It was her third goal of the season.

The Panthers again applied lots of pressure quickly into the second period by continuing to fire the puck toward Stephens, but she made a number of terrific saves, including a diving stick save that kept the game locked at 2-1.

“At times we battled back and put Middlebury on their heels,” Stephens said. “I think we learned we are a tal-



CHRISTOPHER WILLIAMS / CASTLETON SPARTAN

**Senior Ryan Frost makes a play on the puck at center ice against a Norwich Cadet during a rival game Saturday evening.**

# Cadets dominate Spartans

By Andrew Cremins  
*Castleton Spartan*

The Castleton men’s hockey team fell to instate rival Norwich University Saturday evening, 5-1.

Cadet and Spartan fans were muttering at each other before the game started while the teams warmed up. Concerns from Spartan fans were whether Castleton could keep up with the number two nationally ranked Cadets.

Norwich is typically a front-runner, not only in the ECAC, but nationally. The Cadets can be a good gauge of what level they are playing at.

“Anytime you play the number two team in the country, it’s a great measuring stick,” said Spartan head coach Steve Moffat.

Castleton skated with the adets for almost the entire first period until William Pelletier snuck one past

Spartan goalie Ryan Mulder with 12 seconds left in the first period giving Norwich a 1-0 lead.

Midway through the second period, Norwich netted another goal increasing their lead 2-0.

Physical play by both teams was evident throughout the first two periods. However, things would get even more interesting in the third.

Castleton’s Braedan Moffat, no relation to coach Moffat, finally got the Spartans on the board in the third period, cutting the lead to 2-1.

Seconds after the center-ice faceoff, Castleton almost scored again as a shot missed just right of the net.

But that was as close as the Spartans would get.

Norwich seized opportunity again by cashing in on a goal four minutes into the third period going up 3-1.

With a huge momentum shift in Norwich’s favor, they rode the wave and found twine again just two minutes later, quieting Spartan fans and making it a 4-1 game.

Castleton continued to fight, but Norwich kept the pressure on never allowing the Spartans to gain any momentum.

One more goal would be added by the Cadets on the power play, closing the door on the game with 17 seconds left to play.

Moffat reflected on his team’s inability to score this game.

“I thought we had a lot of good chances, but didn’t hit the net,” Moffat said.

Despite giving up five goals, Spartan goalkeeper Ryan Mulder played well saving 37 of the 42 shots Norwich had on him. Moffat explains the importance of good goal-keeping.



CHRISTOPHER WILLIAMS/CASTLETON SPARTAN

**Goaltender Ryan Mulder stands in net during a game against Norwich. Mulder saw 42 shots.**

We’re only going to go as far as our goalie takes us. I think everyone at the top has a real good goalie. We need to find that no matter who’s in,” Moffat said.

With the loss, Castleton falls to 3-8-0 overall and 3-5 ECAC play. The Cadets improve to 9-0-1, 7-0-0 in

ECAC.

ECAC play. This is the first of two games between the Spartans and Cadets. They will face off again Feb. 6 at Norwich.

“Norwich has been at the top for years and years and we want to get to that position,” Moffat said.

# Spartan ski teams look to reach national stage once again

By Isaac Devoid  
*Castleton Spartan*

The Castleton Spartans men’s ski team had a record year in the 2013-2014 season with a third place finish at the National Championships.

But despite the recent success, the Spartans are still not satisfied.

“We had a great season last year, but we really hope to make it to nationals again, and place third or better,” said senior Karl Robicsek.

However, the road to nationals will not be an easy one.

Head coach Chris Eder puts an emphasis on being consistent in conference play.

“Last year, we had races where we finished first one day, and the fourth or fifth the next. Any day it’s really anyone’s race,” he said.

The Spartans conference is highlighted by competition from the likes of Marist College, Northeastern University, Tufts University and Springfield College.



PHOTO COURTESY OF CHRISTOPHER EDER

**Pat Burke navigates a gate during a meet last season.**

To keep up in such a competitive conference, Castleton has focused on off-snow training.

“We’ve really revamped the way we train this year. We’ve been doing more ski specific exercises, which I feel will have a big impact,” said Robicsek.

However, Eder feels his team has a niche when it comes to on-snow training.

“Most teams have one mountain they train on all year long, we mix it up skiing at Killington, and also have the opportunity to train at Pico, Okemo, and even West Mountain in

New York,” he said.

Castleton also has a strong group of returning Spartan skiers to help them stay atop the podium. Sophomore Matt Couture had a tremendous season last year that included a fourth overall finish at the Slalom National Championship.

Senior Pat Burke also looks to repeat his success from the previous season when he posted many notable finishes.

## The women

A strong National Championship campaign has the Castleton Women’s ski team ready for more success for the 2014-2015 season.

The Spartans posted a fifth place finish for a program record at the National Championships last year.

However, head coach Chris Eder feels that with a strong conference, it can be tough to repeat the recent success.

“It can be a battle just getting into Regionals,” he said.

Despite the tough conference

competition, Eder feels he has found the formula to what could be another successful season.

“I think we look good, we had some talented freshman come on board this year, so I’m pretty excited to see what they can do,” he said.

It won’t just be the freshman on the podium this year.

Castleton returns an excess of veteran skiers including Blaire Hooper, who finished 16<sup>th</sup> overall at nationals last season. Juniors Simona Croccolo and Lisa Davis also look to continue their success from last year, with both posting many noteworthy finishes.

The Spartans off-snow training is what could give them the edge this season.

“We’ve been working pretty hard with our trainers to get stronger and faster,” said Senior Kayla Rodgers.

Eder echoed Rodgers words about their work outside of the slopes.

“They are very focused, and have been getting in the weight room with coach St. Pierre,” he said.



By Derek Fallon  
*Castleton Spartan*

Chad Copeland is a 6-foot-6-inch, 210-pound junior from Plainsfield, Vt. The All-Conference forward currently averages 22.3 points and 8.5 rebounds a game for the Castleton men’s basketball team. He sat down with us to answer a few questions.

Q. Why did you choose Castleton?

A. I chose Castleton because of the in-state tuition and because I knew that the basketball program was on the up rise. Coach Culpo recruited me heavily and I came from a smaller high school.

Q. Where did your love of Basketball come from?

A. My love for basketball came from my family. My grandfather and my father both won championships in high school and my father went on to play college basketball.

Q. Is there one person that influenced you the most in your career?

A. Four of my coaches have been huge inspirations in my life. My two high school coaches, Jeremy Cushing and Ira Wheeler, and my AAU coach, Joe Salerno, and Coach Culpo.

Q. If you didn’t play basketball what sport would you play?

A. If I didn’t play basketball I would probably not be in college and would

not be an athlete at all. It has kept me on track with school and my overall time management.

Q. Where do you see yourself after college?

## Career numbers:

**Games Played: 64**  
**Minutes per game: 22.2**  
**Points Per Game: 12.6**  
**Shooting percentage: 53.3%**  
**Free-throw percentage: 71.8%**  
**Rebounds per game: 6.1**

A. After college I hope to pursue a professional career overseas or start my journey through the college coaching carousel.



# A model for perserverance

By Spencer Danduar-and  
*Castleton Spartan*

During many of the men’s soccer games at Spartan Stadium this past fall, you could find Amir Pasic in the front row of the bleachers. He would sit for a few minutes, stand up, and pace back and forth muttering words under his breath.

What seemed like the stress of a dedicated fan was actually the stress of a teammate forced to the sidelines by ineligibility. Pasic was ruled ineligible by the NCAA upon his arrival at Castleton after transferring schools four times in three years. The NCAA requires student athletes to sit out an entire year after transferring more than once to prevent them from transferring solely because of athletics.

But Pasic’s journey is not just soccer related, and it began long before he ever dreamed of going to college.

Pasic left Bosnia to come to the United States when he was just 3 years old. At the time, he was too young to grasp the magnitude of the situation. He was too young to remember the nine hours he spent on an airplane for the first time, and he was certainly too young to understand why his family was different from many others.

Zijada Pasic, Amir’s mother, brought him and his two siblings to the United States in 1995 to escape the war in Bosnia. The war, a conflict fueled by the break-up of Yugoslavia, took the lives of many Bosnians fighting for their freedom.

One of those lives was Pasic’s father.

“My dad passed away right before I was born. We still don’t know exactly what happened to him, but we assume he’s dead because he was out fighting or trying to escape, and I guess they captured him,” Pasic said, looking into the distance.

On the strength of their mother, Pasic and his siblings finally arrived in Vermont and began their life in America. While he learned English at the same age as many American kids do, his mother had a much more difficult transition.

“It was very hard, coming to the United States with three young children. I didn’t know any English. I felt like I was tied up in a bag,” Zijada said in her stern voice.

The stress of starting a new life put even more weight on the tired shoulders of Zijada, who also struggled with severe Post Traumatic Stress Disorder from the war and the loss of her husband.

Though Pasic was just a toddler, he was still able to understand that his mother was struggling.

“Sometimes I would lay in my room in bed, and Amir would knock on the door and say ‘Mom are you feeling better?’ He was scared to even touch the bed because if I moved my head I would get a headache and start to throw up,” Zijada explained.

Though the journey to the United States left its scars on Zijada, it didn’t stop her from providing her youngest son with a childhood full of opportunity.

Pasic did not hesitate to make the most of his opportunities, quickly becoming an elite soccer player in the state of Vermont.

He traveled across the country playing for his club team, won a Vermont State Championship for Burlington High School, and ultimately accepted a scholarship to play



COURTESY PHOTOS

**Amir Pasic, and his mother, Zijada, above, visit Croatia this past summer to visit family, and see surroundings of their homeland. In a game this past season against Maine Maritime Academy, Pasic comes up with a big save, right. Pasic posted a shutout to help the Spartans to a 1-0 win, in which he tallied seven saves.**

goalie for the University of Central Arkansas.

His presence in net is daunting: a six-foot-one-inch man with flashy yellow cleats, three-quarter length soccer pants and a bright-colored goalie jersey, all topped off by his bushy blonde hair that bounces around with every move he makes.

Pasic’s stature, paired with his quick feet and knowledge of the game makes him a valuable addition to any team. However, his natural fit in the soccer net did not translate to his fit at Central Arkansas, or the University of Connecticut, or his second time at Central Arkansas.

“Transferring to UConn was a great experience because I got to train with some amazing players, but financially it was never going to work, which forced me to go back to Central Arkansas,” Pasic said.

Pasic appreciated his time at Central Arkansas as well, but quickly learned it wasn’t for him.

“Being at Central Arkansas was a good experience. I got to see so much of the country traveling with that team, but I didn’t like living in the south. They say southern hospitality; I say that’s a myth. I just really needed to be closer to home,” Pasic said, shaking his head.

The homesickness was also fueled by his mother’s



illness. She was diagnosed with cancer during his senior year of high school, just after he had committed to Central Arkansas.

“At first it was scary. I remember going home and it was awful. But she was fine, it didn’t even faze her. She would sleep at night like nothing was wrong. She always stayed strong around us,” Pasic said.

When the terrible news first came though, Pasic took time to gather himself, grabbed his cleats and went to the only place that could provide the therapy he needed: the soccer field.

Zijada never once made things about herself. The tragedy of her diagnosis was washed away by the pride she felt for her youngest son going off to college.

“I was very happy for him. I wasn’t even worried about (the diagnosis); I was more worried about him and how he would fit in at school. I was happy and proud for the decision he made,” Zijada said.

Despite the emotional support from his mother to remain at Central Arkansas, Pasic decided to come home.

He transferred to St Michael’s College in the Spring of 2014 and then to Castleton just days before the 2014 fall sports season began.

Soon after his arrival, Pasic was informed by head coach John O’Connor that the

NCAA had deemed him ineligible. That began the waiver process.

O’Connor, working with Athletic Director Deanna Tyson and Head of Compliance Brittany Higgins, gathered the necessary materials required by the waiver process.

The NCAA denied the school’s initial request, forcing Tyson to appeal and fight even harder for Pasic’s eligibility.

Her fight paid off. “I included a personal letter to the NCAA explaining how Amir is the perfect example of why they have these waivers. Amir goes to every practice, every game, he’s a great student athlete and the only thing missing for him was being able to compete,” Tyson said.

After sitting out 13 games, Pasic made his first appearance in a Spartan uniform on Oct. 17 in a game at Green Mountain College.

Within minutes of being on the field, it was evident that the anxiety he once showed as a teammate watching from the sideline was gone. Instead he wore intensity and confidence on the sleeves of his bright orange goalie jersey.

Pasic had three shutouts in his first four appearances in net for the Spartans, most notably a 1-0 win over powerhouse Middlebury – an emotional game in which his mother watched in person for the first time since he was in

high school.

“I kind of forgot that my mom was there at first. I had gotten used to playing without her there,” Pasic said.

“But then I thought, ‘holy shit my mom is here, my sister, I have friends watching online, it just kind of hit me like holy crap this is pretty awesome,’” he said with a smile.

What Pasic missed most about home, he had on that night. The changing colors of the leaves in the fall, the cool air at night “when it’s 50 degrees and you have a game,” and most importantly his mother, watching nervously from the stands with all of the other parents in Spartan Stadium.

“I felt like the proudest mother in the world. Watching him play is something I enjoy every moment of,” Zijada said.

Pasic is ecstatic every time he talks about the win over Middlebury, but he knows that he has much more than soccer.

“Seeing her go through everything that she’s gone through has made me more thankful and more appreciative of everything that goes on,” Pasic said. “I really started to realize how much she did for us. It’s been kind of a blessing. I’ve come to realize that everything you do is something you should be grateful for.”



## Sports Talk

### Castleton senior says farewell

By Spencer Dandurand

It’s just past midnight on a cold night in early December. I sit at the living room table inside my small apartment just off of Main Street. With my head resting on my hand, I look over *The Spartan* Newspaper clippings that I’ve scattered across the table.

The clippings are tokens of the past. Artifacts that hold the stories I’ve told in my time as a contributor to *The Spartan* paper. While my hair continues to go grey, the black ink of the articles begins to fade against the off-white hue of the newspaper.

A single tear falls down my cheek like a slalom skier racing down a mountain. The tear leaves my face and crashes on the table. I know my time as a writer for *The Spartan* Newspaper has come to an end.

Ok, maybe I’m exaggerating a little bit. I guess that’s just how I imagine a long-time staff writer coping with his/her retirement. I’m not retiring, my hair isn’t going grey, and unfortunately the only thing that makes me cry is the scene when G Baby dies in the movie Hardball.

I will be graduating at the end of the semester, meaning this is the last time I will ever write something as a college student. Looking back on my time at Castleton, it became obvious that many of my best memories were a product of sports, both as an athlete, and a fan.

As a member of the men’s soccer team, I had the pleasure of playing in Spartan Stadium. Every time we traveled to another school to play on a lumpy grass field, I appreciated the turf we have a little more.

I never won a conference championship, like many of my fellow Spartan Athletes have (but beating Middlebury on senior night was close enough), but the friendships and the memories I gained are far more valuable than any trophy.

While I enjoyed being on the field more than anything in the world, I had a ton of fun being a fan. Whether it was a hockey game or a basketball game, consuming beverages with my friends and proceeding to yell nonsense at opposing teams was a delightful experience.

Sports play a huge role in enhancing the college experience, for both the athletes and the students that go to support them. While I will move on from Castleton and hopefully get a job and make millions of dollars, I recommend that you participate in the experience that college athletics provides for everyone involved.

# Lady Spartans down New England College

By Kaylee Pratt  
*Castleton Spartan*

Castleton State College women’s basketball team is keeping the momentum going as the season progresses toward Christmas break.

The Spartans defense was the game changer Saturday night against New England College, forcing 18 turnovers as they rolled to a 64-52 win in a North Atlantic Conference game.

Both teams exploded in the first half keeping the game tight with

the Pilgrims just barely pulling ahead to end the first half 25-28.

SpartansMeghan O’Sullivan had a high scoring game of 27 points, while Jade Desroches also scored in double figures with 14.

For New England College, Kayla Lawlor led the way finishing with 22-points while teammates Allison Beck chipped in nine and Kiley Williams added seven.

Castleton remains undefeated in the NAC at 2-0 and sits at 5-1 overall, increasing their win streak to three.

New England fell to 0-1 in the NAC and 4-2 overall.

The Spartans took control of the game with seven points scored in the first two minutes, but by half-time, after a 3-point shot by Pilgrims Maranda Johnson, New England pulled ahead 28-25.

“For a lot of the time yesterday I feel like we took ourselves out of the game because we weren’t playing basketball the way we practice everyday. I think that was because we were down so we played too

fast to try and get the lead,” O’Sullivan said.

Castleton finally caught up late in the second half when Bryanna Dupont made a lay-up, tying up the game at 45-45. Then O’Sullivan got ahold of the ball and made another lay-up, putting the Spartans up 47-45 and on their way to another win.

“Our coach reminded us at half time to just play our basketball and let the rest of the game take care of itself because that’s all we can do. I think that halftime speech really helped

us,” O’Sullivan said.

As for the rest of the season there are high hopes. “There’s a lot of great competition in the NAC this year so we know we have to play our best basketball every game,” said O’Sullivan. “We don’t want to look back and regret anything and we have to remember to bring confidence as well.”

Castleton will be on road again visiting Maine Maritime on Friday Dec. 12 for another conference game.



COURTESY PHOTO

**Ali Jones dribbles through defenders in a recent game against Middlebury College**